

Setting SMART goals

No matter what your personal goals are, making change requires planning and SMART goal setting. Follow these guidelines to setting SMART goals:

1. **Specific.** Your goal should be clear and easy to understand.
2. **Measurable.** You should be able to track progress at any point.
3. **Attainable.** It's good to push yourself. Make sure your goal is not impossible to reach so you give up on it.
4. **Relevant.** Set goals that are important to where you are in your life right now.
5. **Time-bound.** Include an end-point of when you will meet your goal by.

Program goal options:

1. **Steps:** Get [2500, 5000, 7500, 10,000] or more steps per day 5 or more days per week
2. **Sugary drinks** Limit sugary drinks to [0/under 2/under 6/under 9/under 13] twelve-ounce servings per week.
3. **Healthy Breakfast** Your goal is to eat a healthy breakfast (under 400 calories with 2 food groups, like a low-fat protein or dairy, a whole grain, or fruit) [3/5] or more days a week.
4. **Purchased Food - Healthy meal choices:** Choose lower-calorie option at least half the time each week when buying meals at restaurants, cafeterias, and fast food places.
5. **Purchased Food – Limit at work** Limit food and drinks bought while at work to [0/under 2/under 4] times per week.
6. **Free Food – Limit at work:** Limit the amount of free food you eat at work to [0/under 2/under 4] times per week
7. **Purchased Food – Meals at home** Outside of work, fix meals at home [3/5/10/14] or more times per week.
8. **Low-fat dairy** Replace full-fat dairy foods with low-fat choices [1/3/5] or more days per week.
9. **Fruits and vegetables:** Get [2/5] or more servings of fruits and vegetables five or more days a week.
10. **Vegetables** [if 3+ fruit but too few vegetables]: Get [1/2/3] or more servings of vegetables five or more days a week.
11. **Whole grains** Replace refined grain foods with whole-grain foods [1/3/5] or more days per week.
12. **High-fat meats** Limit high-fat meats to [0/under 2/under 4] servings each week
13. **High-calorie snacks** Limit high-calorie snacks to [0/under 2/under 6/under 9/under 13] servings a week.
14. **Screen time snacking** Limit screen time snacking to [0/under 2/under 4] days a week.
15. **Brisk activity** Get 30 minutes of brisk exercise [1/3/5] or more days per week.
16. **Self-monitoring of diet** Keep a food log on [3/5/7] or more days per week
17. **Added calories** Use strategies to limit added calories [3/5/7/10/14] or more times a week.
18. **Total calories** Keep total calories in the range set with coach [5/7] days per week.
19. **Portion control** Practice portion control behaviors talked about with coach [3/5] or more days a week.