

Setting SMART goals makes it more likely you will succeed at achieving your goals.

SMART stands for:

Specific: What exactly do you want to accomplish?

Measurable: How will you know you're successful?

Attainable: Is this a realistic goal for you to complete right now?

Relevant: Is your goal important or interesting to you?

Time-bound: When will you get this done? How many times, days, servings, etc. will you do to meet your goal?

Remember to focus on positive goals that ADD a healthy habit versus a negative goal that removes an unhealthy habit. Focus on a goal that is enjoyable with healthy foods or activities you enjoy !

SMART goal examples:

- Instead of "I want to eat healthy", a SMART goal would be "I will have a fruit or vegetable for snack two times per day for 5 days out of the week."
- Instead of "I will exercise", a SMART goal would be, "I will play at the park 3 days a week after school or on the weekend."



SMART goals can help you meet health goals, but this method also works for improving at a sport, or in school too!



THE W.E.L.L. CLINIC

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