

Nutrition Connection's SMART Goals Model



Name: \_\_\_\_\_

Date: \_\_\_\_\_

<b>S</b>	<b>SPECIFIC</b> Who is involved? What is it you're setting out to do? Why is this goal important?
<b>M</b>	<b>MEASURABLE</b> Address how or how much: <i>ie, I will lose 15 pounds by eating 25% smaller portions and not having sweets in the house.</i>
<b>A</b>	<b>ATTAINABLE</b> Small goals lead to big ones. Make your first goal realistic, get a good outcome, and then up the ante. Consider a reward for yourself at each benchmark.
<b>R</b>	<b>RELEVANT</b> What makes your goal resonate with you personally? Keep your goal realistic to your current situation, resources, skills, and available time.
<b>T</b>	<b>TIME-BOUND</b> When do you want to meet your goal? Set relatively short time frames to achieve each smaller goal, and adjust as necessary as you go along.