

Creating **S.M.A.R.T.** Goals

Specific

Measurable

Attainable

Realistic

Timely

Specific- You will have a better chance at accomplishing your goal if it is specific. You will need to use six question words.

Who: Who is involved in the goal?

What: What do I want to accomplish?

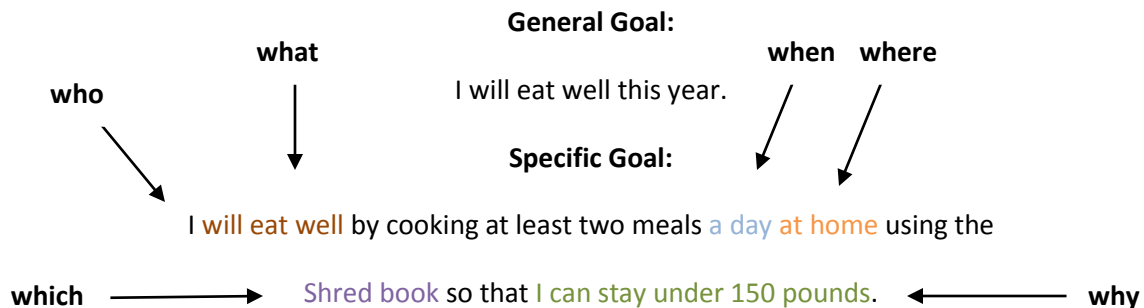
Where: Specify a location

When: Establish a timeframe

Which: Identify needs or limits

Why: the purpose for accomplishing the goal

Example



Measurable - Establish concrete criteria for measuring your progress toward reaching the goals you set. When you measure your progress it will help you stay on track. You should use the questions word "how".

How much?

How many?

How will I know when it is accomplished?

Example:

Specific: I will eat well by cooking at least two meals a day at home using the Shred book so that I can stay under 150 pounds.

Measureable: I will check my weight every Sunday morning.

Attainable: You should plan your steps wisely and establish a time frame that allows you to carry out those steps.

Example:

Specific: I will eat well by cooking **at least two meal a day** at home using the Shred book so that I **can stay under 150 pounds this year**.

Measureable: I will check my weight on **Sunday mornings**...

Attainable: **at least once a month**.

Realistic: Words that reflect realism are highlighted in red.

Timely: Your goal should have at least two timeframes. The timeframes are highlighted in blue.

Your specific goal is:

I will eat well by cooking at least two meal a day at home using the Shred book so that I can stay under 150 pounds this year. I will check my weight on Sunday mornings at least once a month.