

## SMART Goals



**Specific:** Make your goals clear and personal.

**Measurable:** Define how you'll measure and track progress.

**Achievable:** Ensure your goals are realistic and attainable.

**Realistic:** Are your goals suitable for you?

**Time-Bound:** Set timeframes to stay motivated.

## Goal Setting Example

# GOALS!

### Linda's Goals:

Short-term (4-6 weeks): Increase daily steps to 3000-5000. Complete 1x ExHALE video per week.

Medium (6 months): Increase daily steps to 8000-9000. Attend 1x yoga class per week.

Long-term (1 year): Complete a walking event with friends. Continue increased steps and classes.

Benefits: Reflect on how achieving goals will benefit you.

Support System: Identify your support network for motivation.

Rewards: Consider healthy rewards upon goal achievement. Remember: Goals should be personal and meaningful. Reflect on the benefits and reasons behind each goal. Identify a support system for motivation. Consider rewarding yourself with healthy treats. By simplifying the language and focusing on key points.

---