Making a Plan &

Setting SMART Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.

**S** Specific

You goal should be as specific as possible and answer the questions: **What is your goal? How often or how much? Where will it take place?**

**M** Measurable

How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.

**A** Attainable

Goals should push you, but it is important that they are achievable. Are your goals attainable?

**R** Realistic

Is your goal and timeframe realistic for the goal you have established?

**T** Timely

Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.