

SMART Goal Worksheet

What obstacles will I encounter while changing this behavior or achieving this goal? How do I plan to address them?

In the box below list the top 3 obstacles and possible solutions for dealing with them

OBSTACLE	SOLUTION

Name _____

Date _____

Setting SMART Goals

Goals are a useful tool for initiating and successfully implementing lifestyle changes. The right goal can help with focus and motivation while providing the framework for change. The wrong goal can be defeating and result in abandoning the new behavior. **SMART** (*Specific, Measurable, Attainable Realistic, & Time Sensitive*) is an effective method for developing the right goal for successful adoption of new behaviors.

Specific

Goals that are specific provide structure and focus because they are defined and not general. For example, getting more exercise is a commendable goal, however not well defined. Walking 30 minutes every day is specific and can be measured.

To help you define your specific goal, think about the “W” questions:
Who What Where When Why?

What do I want to accomplish?

Measurable

Goals that are measurable provide structure and motivation by establishing benchmarks for progress. Using the example above, 30 minutes of walking a day is easily measured and can be progressed for further improvement.

To help you establish a method for measuring your progress, think about “How”

How will I know I have accomplished my goal?

How can I measure my progress?

How will I determine my targets or benchmarks?

Attainable

Identify the goals that are most important to you. Goals that you are personally invested in have greater meaning and value and will fuel the determination and creativity necessary to accomplish them.

To help you determine what is an attainable goal, ask yourself “What is most important to me?” and prioritize the goals according to level of importance.

Realistic

A realistic goal is one you are able and willing to work toward. For example, walking 5 miles a day may not be realistic for someone just starting an exercise program or fit into a demanding schedule. This goal could quickly lead to frustration and abandoning the new behavior. Choosing a goal that is

both challenging and realistic is the key. There is more motivation to accomplish a goal that challenges us than a goal that is reached with little effort. To help you choose a realistic goal ask yourself:

Where am I now?

Where do I want to be?

Is this goal reachable in a healthful manner?

Does this goal challenge me?

Do I believe in my ability to accomplish this goal?

If not, how can I modify the goal?

Time Sensitive

A goal with a firm time schedule creates a sense of urgency and reduces the tendency to postpone efforts. Establishing a specific date for completing a goal makes it possible to measure progress, maintain focus, and celebrate accomplishments. Completion dates also provide an opportunity to review, make necessary adjustments, and re-establish the goal. The key is to make your timetable practical and reasonable.

Making healthy lifestyle changes is extremely valuable and rewarding, however very challenging. Enlisting the help of a trainer is extremely beneficial. FIT's trainers will keep you focused on your goals, provide measurable data on progress and bolster your motivation as you work toward your objectives. Your trainer is your partner in this journey and will work with you to ensure the path to your destination is as straight and short as you are able to accomplish.

We applaud your commitment to a healthier and stronger you! FIT's goal is to provide support and encouragement, as well as being a resource for your continued success.