

SMART Goal

Commit to yourself!	Make a SMART Plan
<p>Specific</p>	<p>Your goal should be clear and easy to understand. <i>“I will start exercising.”</i></p>
<p>Measurable</p>	<p>How will you track your progress and how you will know when you have reached your goal. Making your goal measurable means adding a number.</p>
<p>Attainable</p>	<p>Prior to adding a number, you have to set a range of days you can exercise per week. It’s good to ‘shoot for the stars’, but you don’t want to overdo it. Research suggests exercising a minimum of 3 days a week per American College of Sports Medicine (ACSM). Only you and your physician know your limits best. A measurable, attainable goal would be, <i>“I will exercise 2-4 days/week.”</i></p>
<p>Realistic</p>	<p>Set goals that fit where you are in your life right now. Don’t set a goal that that someone else wants you to do or doesn’t fit your schedule. It’s not motivating, and this may set yourself up for failure. Examine your goal so far. Does it seem realistic to you? If so, let’s continue. If this isn’t the right time in your life to focus on this goal, then choose something that is motivating to you.</p>
<p>Time Oriented</p>	<p>Include an end point. Knowing that you have a deadline motivates you to get started. For our example we can use 8 weeks. <i>“I will exercise 2-3 days/week for 8 weeks.”</i></p>