



Set Healthy SMART Goals

CHALLENGE

Create a plan to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read "Set Healthy SMART Goals."
2. Create a plan to improve your health with SMART goals.
3. Keep a record of your completed challenge in case your organization requires documentation.



What would you do to celebrate turning 100 years old? Oregon resident Bud Lewis wanted it to be something big, and something that would help other people.

So he set a goal to walk 100 laps around a local track and raise \$100,000 for the Sunshine Division, a local non-profit that helps people in

need. If he walked at least one lap every day all summer, he could walk 100 laps by his birthday.

That might seem like an impossible goal. But instead of getting stuck, Lewis laced up his walking shoes, headed to the track with a smile, and told everyone about his big goal.

What's on your bucket list? Are there things you want to do or change? Do you want to improve your health, lose weight, be more active, stress less, or sleep more?

Having a goal in mind is a great place to start. But it's not enough to get from where you are to where you want to be. You have to break down a big goal into daily steps you can take to make progress.

Want to learn how to do this? Take the month-long health challenge to Set Healthy SMART Goals.

The SMART Way to Get Healthy

How much do you know about setting goals to improve your health? Take the quiz to find out.



T F

1. You can increase the odds of achieving a goal by writing it down, sharing your plans with someone you trust, and reviewing your progress regularly.
2. Visualizing success, the perfect outcome and all the steps it takes to get there can help you achieve your goal.
3. Too much stress makes your brain focus on short-term rewards. But to reach your goal, you need to focus on the daily steps you need to take to make long-term progress.
4. It takes an average of 21 days to form a new habit. It can take longer to break old habits.
5. Measuring your efforts each day, week, and month and reviewing your progress can help you achieve your goals.

How did you do? If you want to improve your health, change your eating habits, or be more active, developing a plan with simple action steps you can take will help you be successful. Be patient. Research shows it takes an average of 66 days to form a new habit.¹

Answers: 1.True, 2.True, 3.True, 4.False, 5.True.

The SMART Way to Set Healthy Goals

Once Lewis got started walking at least one lap a day, he learned something from a bit of simple feedback. He could walk more than that. And his positive attitude inspired people to improve their health and support his cause. He walked more than 200 laps (53+ miles) and raised \$125,000 for the Sunshine Division by the time he celebrated his 100th birthday.



Do you want to change a behavior, master a healthy habit, or accomplish a goal? Do it the same way Lewis did. Set a Healthy SMART goal, and take it one step at a time.



8 Goal-Setting Tips to Improve Your Health

Taking one step at a time is the best way to reach your health goals.⁴ Here are eight tips to help you stay on track to reach your goal:

- 1. Focus on one goal at a time.** Taking on too much can overwhelm you and lead to failure.
- 2. Pick a health goal you're ready to tackle** and have a genuine desire to improve.
- 3. Start with small steps.** Set goals that challenge you but that you are confident you can accomplish.
- 4. Get help and support.** Take a class or join a support group. Join a wellness challenge for added knowledge, motivation, and support.
- 5. Log your progress daily.** It helps keep you on track – and seeing progress is motivating!
- 6. Reevaluate your progress often.** Do more of what is working. If something isn't working, try a new approach. Don't give up!
- 7. Set new goals.** When you complete a goal, repeat the process to improve other areas of your life.
- 8. Be optimistic.** Focus on the positive and the process. You can do it!

Goals: Stop waiting for motivation
<https://tinyurl.com/ppxrhsc9>

Create Your Healthy SMART Goal:

Use 1 to 2 sentences to describe each part of your goal.

Specific: _____

Measurable: _____

Achievable: _____

Realistic: _____

Timed: _____

How to set a Healthy SMART Goal



Describe your goal and how you will accomplish it using the SMART goal strategy. Use 1 to 2 sentences to describe each part of your healthy SMART goal.

SPECIFIC: Define your goal with as much detail as you can. Write it down. Be specific about what you want to achieve.

- **Example:** I want to lose weight by making better food choices and being more active.

MEASURABLE: You need a way to measure your efforts. Keep a daily, weekly, and monthly record. Track your progress. Use a journal, logbook or mobile app.

Research shows being able to measure your progress can help you with goals like lose weight, improve sleep, eat healthier, and be active each day.²

- **Example:** I will weigh myself today. I'll weigh in once a week, and keep a record.

ACHIEVABLE: Whether you have a big goal or a small goal, you need to be able to define how you are going to accomplish it. Is it possible for you? What actions are you going to take to be successful? Explain what you will do. Break down your goal into daily action steps you can take.³

- **Example:** I will eat 2 to 3 cups of vegetables per day. I will walk for 30 minutes every morning.

REALISTIC: Set goals you can reach in a few weeks or a few months. Keep it real. If you have a big goal like walk 100 laps or lose 100 pounds, break it down into smaller goals. When you complete short-term goals, it proves you have the ability. This helps keep you motivated.

- **Example:** I will wake up 15 minutes earlier to prepare a healthy breakfast, and make my lunch. I will increase walking 15 minutes a day to 30 minutes a day.

TIMED: Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

- **Example:** I will lose 10 pounds in 10 weeks

10 healthy lifestyle goals
<https://tinyurl.com/ybp5s4xu>

References

1. Grohol, J. (2018). Need to form a new habit? Give yourself at least 66 days. PsychCentral. From: <https://tinyurl.com/4ux7sjka>
2. Bailey, R. (2019). Goal setting and action planning for health behavior change. *American Journal of Lifestyle Medicine*, 13(6): 615-618. From: <https://tinyurl.com/22w2tzmp>
3. White, N., et al. (2020). Using the SMART-EST goals in lifestyle medicine prescription. *American Journal of Lifestyle Medicine*, 14(3): 271-273. From: <https://tinyurl.com/3zybnk42>
4. Oscarsson, M., et al. (2020). A large-scale experiment on New Year's resolutions: Approach-oriented goals are more successful than avoidance-oriented goals. *PLoS One*, 15(12): e0234097. From: <https://tinyurl.com/yucvxum3>



Set Healthy SMART Goals

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Create a plan to improve your health

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to improve your health with SMART goals.
3. Use the calendar to record your actions and choices to set healthy SMART goals to improve your health.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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_____ Number of days this month I worked on SMART goals
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

 Name _____ Date _____