

1 SET SMART GOALS 2 PLAN FOR EXERCISE 3 EVALUATE YOUR PROGRESS

SMART

The SMART approach to setting goals works for anything you want to achieve. Set SMART goals to get where you want to go:

- I will walk at a brisk pace 30 minutes five days a week this week.
- I will complete a resistance exercise session 2 days a week for six weeks.



SPECIFIC

Be as specific as possible. “Get fitter” can mean all kinds of things – lose weight, lower blood pressure, have more energy – just to name a few. For example, lose 1/2 lb per week.



MEASURABLE

When you can measure your efforts, you can stay on top of your progress and see yourself improve. “Exercising more” becomes measurable by specifying that you’ll walk 30 minutes a day.



ATTAINABLE

It is important to make your goals a good fit for you – challenging but achievable. Find the sweet spot between setting yourself up for success and pushing yourself to improve. Hit each milestone then reach for another. Increase the time, intensity, and number of days you exercise to improve your fitness and strength.



RELEVANT

Make sure what you are trying to achieve is worthwhile to you. It is a common misstep to make someone else’s goals your own. Focus on what is important to you.



TIMELY

Include a timeframe in your goals. A timeframe — by the vacation, by July 1 — gives your goal a sense of urgency and helps keep you accountable. Make most goals short-term (e.g., in the next week, 2 weeks, month) and 1-2 long-term goals (e.g., in the next 6 months or year). For example, if you decide you want to tackle a 15-mile hike in the next year, your short-term goal might be to go for a 3-mile hike this week. Then, add one mile to your long hike each week.

WEEKLY EXERCISE PLANNING WORKSHEET

3 reasons why you want to exercise:

- 1 _____
- 2 _____
- 3 _____

What are your goals for this week?

Check if your goals are SMART goals. Tell a family member or friend about your weekly exercise goals. Ask them to check in with you during the week to see how you are doing. Having accountability may help you progress faster.

When do you plan on exercising? Track your progress with a checkmark.

| Day of the Week | Time of the Day | Planned Exercise | Goal Met |
|-----------------|-----------------|------------------|-----------------------|
| Monday | | | <input type="radio"/> |
| Tuesday | | | <input type="radio"/> |
| Wednesday | | | <input type="radio"/> |
| Thursday | | | <input type="radio"/> |
| Friday | | | <input type="radio"/> |
| Saturday | | | <input type="radio"/> |
| Sunday | | | <input type="radio"/> |

Did you meet each of your weekly goals?

☒ **YES** What did you do that was most helpful in accomplishing it?

☒ **NO** What was the biggest obstacle that prevented you from meeting it?

☒ **NO** List 2 strategies to help you overcome these challenges:
