

In order to achieve your long-term weight-management goal, it's helpful to break it down into smaller weekly steps. Weekly goals can help you stay focused. Being successful at your weekly goal can also give you a huge confidence boost. By staying on track with your smaller goals, you will be much more likely to achieve your big long-term goal.

How do you set a weekly goal? The best way to set a goal is to think SMART!

SMART Goals are:

- **S**pecific: You should be able to answer all these questions about your goal: What will you do? How will you do it? Where will you do it? Who will you do it with?
- **M**easurable: Your goal should include a number that tells how much, how many, or how often. This will help you track your progress.
- **A**ppropriate: You should feel good about trying to reach your goal. It should help lead you to your long-term goal.
- **R**ealistic: You should set a goal that you are confident you can reach. Not too easy; not too hard. You should have everything you need to reach your goal – time, equipment, support.
- **T**imely: Your goal should have a clear start and end date. One week is a good time frame for a SMART goal. This will give you a set amount of time to try to reach your goal.

Here are sample SMART goals related to your long-term goal of eating healthy.

- *I will eat one piece of fruit at breakfast, at home, five days this week.*
- *I usually drink two cans of soda a day. I will cut back to one can of soda five days this week. I will replace the soda I used to drink at lunch with a glass of water.*

Here are sample SMART goals for being active:

- *I will walk around my neighborhood for 20 minutes, after dinner, with my neighbor, four days this week.*
- *I will exercise along with a 30-minute exercise video in my living room, before work, three days this week.*



A healthier life is on the line for you!

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Succeed with SMART Goals for Weight Management

Take Action

Each week, set a new SMART goal for yourself. You can make copies of the form below and use it to track your progress each week.

Be careful not to set too many goals at one time. Working on too many goals at once can be overwhelming. It's best to start with two SMART goals – one food goal and one activity goal.

If you are successful at meeting your SMART goals, reward yourself. Treat yourself to a non-food reward, like a night at the movies or a bubble bath!

Week of: _____

S pecific M easurable A ppropriate R ealistic T imely	Goal Type	My SMART Goal	Did you meet your goal? (Y/N)
	Eating Healthy		
	Being Active		

My reward will be: _____

Week of: _____

S pecific M easurable A ppropriate R ealistic T imely	Goal Type	My SMART Goal	Did you meet your goal? (Y/N)
	Eating Healthy		
	Being Active		

My reward will be: _____



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