

# SMART Goal

Overall Goal:	
Specific:	
Measurable:	
Action Orientated:	
Realistic:	
Time Stamped:	
Potential Barriers : <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	Management strategy: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
Resources Required: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	By when: <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
Short term Goal:	Rewards:
Medium term Goal:	
Long term Goal:	Who will hold you accountable?

## Mary's SMART Goal (Example)

<p><b>Overall Goal:</b> To improve my diet and complete a structured exercise program over the next 3 months such that I fit comfortably into my size 12 wedding dress and swimmers by 26<sup>th</sup> July 2007</p>	
<p><b>Specific:</b> To improve my waist circumference and progress my clothing size from a size 14 to a size 12 such that I fit comfortably into my wedding dress and look and feel great in a pair of size 12 swimmers on my honeymoon.</p> <p><b>Measurable:</b></p> <ul style="list-style-type: none"> <li>- 3 months to achieve goal</li> <li>- Girth Measurements (waist and hip) once a month using a tape measure</li> <li>- Weight measured using bathroom scales fortnightly</li> <li>- Diary to track exercise compliance and monitor progress</li> </ul> <p><b>Action Orientated:</b></p> <ul style="list-style-type: none"> <li>- Learn how to modify my diet such that I can achieve my goal (ie see a qualified dietician)</li> <li>- Join a gym and have either a qualified exercise physiologist or personal trainer create a 3 day / week structured exercise program</li> <li>- Comply to both modified diet and exercise program</li> </ul> <p><b>Realistic:</b> Yes</p> <p><b>Time Stamped:</b> Achieve overall goal by the July 26<sup>th</sup> 2007</p>	
<p><b>Potential Barriers :</b></p> <ul style="list-style-type: none"> <li>• Working overtime which might disrupt my exercise routine</li> <li>• Lack motivation to exercise</li> <li>• When I get the munchies and need a snack</li> <li>• Buying lunch / snacks at work</li> </ul>	<p><b>Management strategy:</b></p> <ul style="list-style-type: none"> <li>• Exercise in the morning prior to work to eliminate possible disruptions</li> <li>• Get a personal trainer or train with Jenny (friend) who exercises regularly to keep me motivated</li> <li>• Replace all unhealthy snack foods in the home with healthy alternatives</li> <li>• Pack a healthy lunch box to take to work</li> </ul>
<p><b>Resources Required:</b></p> <ul style="list-style-type: none"> <li>• Buy comfortable exercise clothes/shoes</li> <li>• Buy an exercise diary to monitor progress</li> <li>• Join gym and get a professional exercise program</li> <li>• Find a training partner (friend / personal trainer)</li> <li>• Have my diet reviewed and get a modification plan</li> <li>• Budget \$10 a week savings to buy</li> </ul>	<p><b>By when:</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> May '07</li> <li>• 1<sup>st</sup> May '07</li> <li>• 2<sup>nd</sup> May '07</li> <li>• 2<sup>nd</sup> May '07</li> <li>• 6<sup>th</sup> May '07</li> <li>• Starting 7<sup>th</sup> May (weekly jar payments)</li> </ul>

new swimmers for honeymoon	
<p><b>Short term Goals:</b></p> <ul style="list-style-type: none"> <li>- To join a gym and start a 3 day/week exercise program</li> <li>- To review my diet and make modifications necessary to achieve my long term goal</li> </ul>	<p><b>Rewards:</b></p> <ul style="list-style-type: none"> <li>- Movie with Jenny and the girls if I commit to and comply with the first 2 weeks of my diet and exercise routine</li> <li>- Dinner with fiancé (month of compliance- June '07)</li> <li>- Buy new size 12 swimmers to take on honeymoon (July 07)</li> <li>- Satisfaction of achieving my goal</li> </ul>
<p><b>Medium Term Goals:</b></p> <ul style="list-style-type: none"> <li>- To have maintained diet plan and exercise routine for 1 month (1<sup>st</sup> - 30<sup>th</sup> May '07)</li> <li>- To be a size 12 by June 30<sup>th</sup> 07</li> </ul> <p><b>Long Term Goal:</b></p> <ul style="list-style-type: none"> <li>- To comfortable fit in my size 12 wedding dress</li> <li>- Continue exercise program and diet to the end of the year and still be a size 12 at Christmas 2007</li> </ul>	<p><b>Accountability:</b> (who will hold me accountable)  Name: John Burgess (Fiancé)  Signature:  Date: 30<sup>th</sup> April 2007</p>