

Make Your Goals

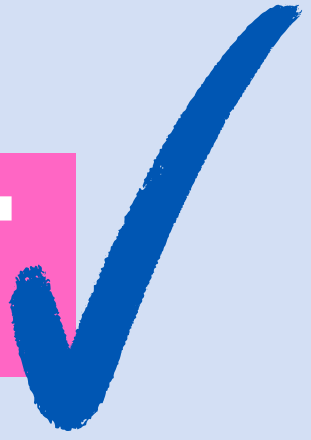
S

M

A

R

T



Setting goals is a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?

S My goal is: _____

Example: I will follow the fluid intake limits as indicated by my doctor so that I can go to my daughter's wedding, feeling better, granddaughter's soccer game.

M I will track my progress by: _____

Example: I will track my progress by logging how many ounces I drink each day or monitoring my daily weight.

A I will achieve this goal by doing the following: _____

*Example: 1. Plan how much I will drink during the day.
2. Measure and track the amount of fluid I take. Including soup, Jello, ice, popsicles.*

R This goal helps me because: _____

Example: This goal will help me to feel better, avoid fluid overload and keep me out of the hospital.

T I will complete this goal by (date): _____

Example: I will achieve my goal by February 15.

