

Examples of SMART Goals

Be physically active:

- ♦ I will walk briskly around my block in the morning right after I wake up for at least 15 minutes every day this week.
- ♦ I will take the stairs up the three flights to my office at least once each day that I am at work this week.



Lara Jameson (photographer). Man Walking Up Stairs [Digital image]. Retrieved from <https://www.pexels.com/photo/man-with-prosthetic-leg-walking-up-stairs-9623548/>

Eat wisely:

- ♦ I will add a green salad to my dinner meal two nights per week for the next two weeks.
- ♦ I will eat a graham cracker with peanut butter for my evening snack, instead of a brownie or cookie.



Lisa (photographer). Eating Tomato from Salad [Digital image]. Retrieved from <https://www.pexels.com/photo/person-eating-tomato-from-salad-4989069/>

Be involved in your health care:

- ♦ I will write down my questions about my blood pressure medicine before I go to my clinic appointment next week and keep it in my wallet so I don't forget to take it.
- ♦ This week I will find out from my health care team how to sign up for the patient portal so I can see my blood test results online.
- ♦ I will make a list of all my medications, what they are for, and when to take them over the weekend. I will take the list with me to my next appointment and ask the nurse to make sure it is correct and up to date.



cottonbro(photographer). W..... king Notes [Digital image]. Retrieved from [//www.pexels.com/photo/an-elderly-woman-taking-notes-while-using-a-laptop-4057764/](https://www.pexels.com/photo/an-elderly-woman-taking-notes-while-using-a-laptop-4057764/)

Be tobacco free:

- ♦ I will take my doctor up on that offer for nicotine patches and see if I can get the script filled today. My quit date will be the first of the month. Meanwhile I will gather all my lighters and ashtrays and throw them out, since this time I am quitting for good.
- ♦ When I get a strong urge for a cigarette, I will chew some nicotine gum like my doctor suggested.
- ♦ I will tell my wife and my friends that I am quitting this weekend, so they can help me instead of offering me cigarettes.

Limit alcohol:

- ◆ I am going to set myself a two-drink limit for each day, starting today. Just two, 12-ounce bottles of beer, at the most. I really think I can do this on my own, but if I don't limit it to two, I will accept your offer for some help.
- ◆ I'll let my buddies know that I'd appreciate their support by not pushing me to have more after my two beers are finished.

Strive for a healthy weight:

- ◆ I will start using the food diary I found online and write down everything I eat, starting tomorrow.
- ◆ I will cut down on calories by switching to flavored seltzer water instead of soda, starting with this week's grocery shopping.
- ◆ I will increase my exercise time to 30 minutes of walking the dog every evening, at least 5 times a week, starting tonight.



.... st de Michelieu (photographer).
Women Making a Salad [Digital image]. Retrieved from // www.pexels.com/photo/women-making-a-salad-4262009/

Get recommended screenings & immunizations:

- ◆ I will get the flu shot at my next visit when they are available in the clinic.

Manage stress:

- ◆ I have a music CD that always calms me down. I will listen to it at least once a day, either right after work or before I go to bed, starting today.
- ◆ When I get frustrated, I'll go outside for some fresh air. Sometimes I'll walk up and down the block to clear my head.