


SMART GOALS – TEMPLATE

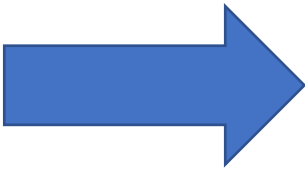
SMART goals help improve achievement and success. A SMART goal clarifies exactly what is expected and the measures used to determine if the goal is achieved and successfully completed.

A SMART goal is:

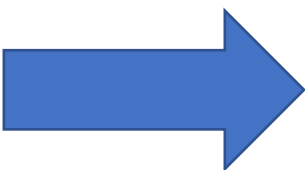
Specific (and strategic): Answers the question—Goal pertains to Who? and What?

Nals needs to lose 115 pounds.		I want to lose 1-2 kg/week. My docs say this is a healthy rate. Anything faster is unhealthy. & will probably not be maintained (ie: I'll pack it back on.)
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Measurable: The success toward meeting the goal can be measured. Answers the question—How?

Nals will exercise. Nals will eat healthier.		-I will do the elliptical 3x/week for 20 mins each time. -I will eat when I'm hungry. My plate will contain half veg (or fruit) plus protein & a whole grain carb. - I will weigh myself once a week and record it in my journal.
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Attainable/Achievable: Goals are realistic and can be achieved in a specific amount of time and are reasonable.

Dr. S. says this will take a couple years. I'm overwhelmed. 2 years is a long f'g time!		I'm at the gym on Mon, Wed, Fri mornings. I will go to bed early and have my clothes+food packed the night before. I can take the earliest bus, go to gym, shower/get ready and still make it on time to work. - Small breakfast before I go. - Have smoothie with protein powder when I get to work. - Lunch & dinner will be veg with protein & complex carb.
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Relevant and realistic: The goals are aligned with current tasks and projects and focus in one or two defined areas; include the expected result.

I don't think I can do this.		-I will join the gym at work. I will go before work. This will take an hour
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		out of my day so it's realistic & relevant. - Food will take some time & energy but it'll be worth it, right? Definitely relevant. Seems realistic...but I'm going to re-examine after a week to see if it's realistic for me at this time.
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Time frame: Goals have a clearly defined time-frame including a target or deadline date.

Take 2 years to lose 115 pounds.		Goal is to lose 1-2 kg/week. Apparently this is do-able. I have daily eating goals. My exercise goals are 3x/week.
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Nals suggests adding additional space to write notes:

Obstacles

- Sometimes I feel this is too much work. SOLUTION: remember your goal, remember this is an additional 30-60 mins of work. What would I have done instead during this time?
- I'm not getting enough sleep. I'm groggy through the day. SOLUTION: try going to bed 30 mins earlier.
- I can't do 30 mins of elliptical at once. SOLUTION: Try for 10 minutes and work up.

Strengths

- I've learned to be a better multi tasker. When making dinner, I also prep for lunch.
- I've learned to be a better planner. I think ahead.
- I feel more prepared for my day.

Observations

- I was craving sweets but I was able to stick to my goal of a half plate of fruit/veg and the rest =protein/carb. So my after dinner sweets were: orange, nuts & dark choco. Or pear, brie and cranberries. Sometimes blueberries & yogurt with cinnamon. CHANGE: I added a pre-dinner snack (ate it on the way home) and it helped my after dinner cravings.
- No-hunger cravings eventually decreased. I found that I was thinking less of the not-so-good-food list and more of the better-food-choice list.
- I feel more in control.
- I don't come to work foodless. I'd often come unprepped and get hangry at lunch. I'd delay lunch hour til I couldn't delay then scrounge at vending machines...and end up bingeing on junk.