

# MY SMARTER GOALS

**S**pecific  
**M**easurable  
**A**ttainable  
**R**elevant  
**T**ime-based  
**E**valuate  
**R**e-adjusting



Name: Sarah Smith

Ultimate Long Term Goal: be healthier through diet and exercise.

Target Date: 21 May 2016 – my birthday!

## OR, LONG TERM GOALS

Specific	What's the aim?	Lose 10kg so I'm in the healthy weight range again.
Measurable	How will I measure my results?	I'll keep a food and exercise diary so I can keep an eye on my intake and output.
		I'll weigh myself at the end of each week.
		I'll measure my thigh and stomach with a tape measure.
Attainable	What is achievable? How will I achieve it?	To start off with, I'll increase my physical activity every two weeks by ten minutes, with the aim to reach 150 minutes per week.
		I'll increase my intake of healthy foods such as fruit and vegetables, ditching chocolate and all soft drink from my diet.
		Limit my drinking to four alcoholic beverages per week.
Relevant	Do my goals match my vision? What will my reward be?	I've set gradual, small attainable goals spread out over a period of time, which will result in my ultimate long-term goal.
		If I achieve my goal, I'll let myself spend \$300 on something I've always wanted to do for my birthday.
Time-based	When do I want to have this done by?	Weight loss goal and measurement goals due twelve weeks from today... completing on my birthday!
Evaluate	Was I successful? How did I measure success?	Short goals set at monthly intervals
		Record and evaluate: • Physical activity and food diary
		• Weight loss • Centimetres lost
Re-adjust	What can I change along the way to help me achieve my ultimate goal?	I'll readjust my goals after four weeks. This may include frequency of exercise, the type of food I'm eating and the intensity of my activities.