SMART Goal Worksheet (for Personal Wellness Plan)

Read this document carefully. You must complete page 3 and submit this worksheet as directed.

SMART Goal Review

S = specific; M = measurable; A = achievable; R = relevant; T = time framed

1. Comment on this goal: “Lose 30 pounds by Module 4 of the semester.” Answer: It is not achievable in this short time frame and it does not specifically indicate how it would be achieved.

2. Comment on this goal: “Go to the gym 5 days per week for 1 hour each time.” Answer: Going to the gym does not mean we are actually doing anything there. What specifically would be achieved in these visits?

3. What is missing from this goal? “Go to mass more often and read devotions.” Needs time frame and specifics.

4. What is missing from this goal? “Limit red meat consumption to 3 servings per week, AND limit white carbohydrates to 2 servings per week, AND drink 6 glasses (6 oz. each) of water every day.” Needs time frame.

5. What is missing from this goal? “Take a yoga class AND stretch for 15 minutes targeting arms, legs, neck, and core.” How often will you take yoga class/how long are classes/type of yoga?

Writing a SMART Goal for Your Personal Wellness Plan

Depending on your focus area, read the corresponding information

- Nutrition: textbook pp. 219-221
- Fitness: textbook p. 239
- Sleep: textbook pp. 35-36 and http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips
- Tobacco: textbook pp. 189-192

Your goal must begin with a specific action verb and description
EX: Eat vegetables; drink water; study in a study group; work out targeting strength; run; walk; pray; sleep; do yoga; play tennis; lift weights; take Zumba class; limit aspartame; quit smoking; limit fried foods

Your goal must include exact measurements (NUMBERS)
EX: Servings, hours, minutes, miles, poses, repetitions, frequency, duration, intensity, etc.
Your goal must include this time frame. “By Module 4 of the semester.”

SMART GOAL EXAMPLE 1
Limit fried food servings to 2 per week AND eat 4 servings of vegetables 5 days per week, by Module 4 of the semester.

SMART GOAL EXAMPLE 2
Walk briskly 3x week for 20 minutes AND do strength exercises 2x week, 3 sets (15 reps each), 4 types, by Module 4 of the semester.

SMART GOAL EXAMPLE 3
Quit smoking through reduction of xxxx cigarettes each day, by Module 4 of the semester.

SMART GOAL EXAMPLE 4
Eat breakfast including protein and carbohydrate combinations (whole-grain toast and peanut butter, oatmeal and fruit, yogurt and fruit, whole-grain cereal with milk) 5 days per week, by Module 4 of the semester.

Write your own SMART Goal on the next page. Base it on your Wellness Assessment and corresponding information from these course textbook pages:

- Nutrition: textbook pp. 219-221
- Fitness: textbook p. 239
- Sleep: textbook pp. 35-36 and http://sleepfoundation.org/sleep-tools-tips/healthy-sleep-tips
- Tobacco: textbook pp. 189-192

The SMART Goal will be the focus of each phase of your Personal Wellness Plan. It must be a behavioral change you will commit to this semester contributing to your improved wellness.
Your professor must approve your SMART Goal. Submit it by TUESDAY. Make sure it is specific, measurable, achievable, relevant, and time framed (by Module 4 of the semester).

Write Your SMART Goal.

SMART GOAL: __________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________, by Module 4 of the semester.

Which course Core Value is relevant to your SMART goal? Find the Core Value in the syllabus. Define it.

Core Value and Definition: __________________________________________
________________________________________________________
________________________________________________________
________________________________________________________.

Explain why the Core Value is relevant to your SMART goal:

________________________________________________________
________________________________________________________.
________________________________________________________
________________________________________________________.
________________________________________________________.

CHECK YOUR SMART GOAL.
IS IT SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, TIME FRAMED?
CHECK YOUR CORE VALUE.
DID YOU CHOOSE 1 CORE VALUE FROM THE COURSE SYLLABUS?
DID YOU EXPLAIN WHY IT IS RELEVANT TO YOUR SMART GOAL?