

SMART Goals Worksheet

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Name:

Today's Date:

Start Date:

Target Date:

Date Accomplished:

Goal Type: Personal Family Friends/ Relatives Education Work Substance
 ADLs (Activities of Daily Living) Social Spiritual Other: _____

Goal Statement:

S pecific	What exactly do you want to accomplish?
	What steps do you need to take to accomplish this?
M easurable	How will you know when you have reached this goal?
A ttainable	Is this goal realistic with effort and commitment?
	What obstacles might you face? How do you plan to deal with them? Obstacles: _____ Solutions: _____
	Do you have the resources to accomplish this goal?
R ealistic	Why is this goal important in your life?
	What are the benefits in achieving this goal?
T imely	When will you achieve this goal?

Your REWARD for reaching this goal will be:

SMART Goal Activity Log

SMART Goal Worksheet (SAMPLE)

Today's Date:

Start Date:

Target Date:

Date Accomplished:

Goal Type: Personal Family Friends/ Relatives Education Work Substance
 ADLs (Activities of Daily Living) Social Spiritual Other: _____

Goal Statement: *To become more active.*

S pecific	<p>What exactly do you want to accomplish? <i>To add more physical activity in my day to day life.</i></p> <p>What steps do you need to take to accomplish this? <i>Walk 30 minutes, 7 days a week.</i></p>		
M easurable	<p>How will you know when you have reached this goal? <i>Time myself when I go walking, and keep a daily log.</i></p>		
A ttainable	<p>Is this goal realistic with effort and commitment? <i>With effort and commitment, it is very realistic.</i></p>		
	<p>What obstacles might you face? How do you plan to deal with them?</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Obstacles:</p> <ul style="list-style-type: none"> • <i>Feeling lazy or unmotivated</i> • <i>Feeling tempted to break healthy habits and go back to the old ones.</i> </td> <td style="width: 50%; vertical-align: top; padding: 5px;"> <p>Solutions:</p> <ul style="list-style-type: none"> • <i>To look back at this plan and remind myself that I've set this goal</i> • <i>Invite a close person to share this goal with me for added motivation.</i> </td> </tr> </table>	<p>Obstacles:</p> <ul style="list-style-type: none"> • <i>Feeling lazy or unmotivated</i> • <i>Feeling tempted to break healthy habits and go back to the old ones.</i> 	<p>Solutions:</p> <ul style="list-style-type: none"> • <i>To look back at this plan and remind myself that I've set this goal</i> • <i>Invite a close person to share this goal with me for added motivation.</i>
	<p>Obstacles:</p> <ul style="list-style-type: none"> • <i>Feeling lazy or unmotivated</i> • <i>Feeling tempted to break healthy habits and go back to the old ones.</i> 	<p>Solutions:</p> <ul style="list-style-type: none"> • <i>To look back at this plan and remind myself that I've set this goal</i> • <i>Invite a close person to share this goal with me for added motivation.</i> 	
<p>Do you have the resources to accomplish this goal? <i>My resources are: this goal plan to help keep me on track, and my activity log.</i></p>			
R ealistic	<p>Why is this goal important in your life? <i>It's important because this first step is key to continuing a healthier lifestyle.</i></p> <p>What are the benefits in achieving this goal? <i>By slowly including more physical activity in my day, I'm more able to achieve this goal, and the benefits are a healthier lifestyle and feeling better.</i></p>		
T imely	<p>When will you achieve this goal? <i>When I reach 30 minutes per session by 4 weeks.</i></p>		

Your REWARD for reaching this goal will be:

A new pair of runners! They will remind me that I've achieved this goal and motivate me to continue my new lifestyle.