

Name _____ Date _____ Age _____ Sex _____

Column 1: Health Goals

List health goals based on priority.

Column 2: Behavior Change (+/-)

Does this goal require adding or eliminating a behavior? If so, identify the behavior change required.

Column 3: Action Step

What is the most important action step to accomplish this goal?

Column 4: Timeline

What is your timeframe for taking action?

SMARTER Health Goals are:

- **S**pecific. In other words, they are not vague or broad.
- **M**easurable. You can measure your progress at any point along the way.
- **A**ctionable. Simply put, you can act upon your goals.
- **R**ealistic. They are attainable—challenging, but within reach. You also should be sure to choose goals that motivate you.
- **T**imely. They have a reasonable timeline—you have ample time to complete your goal, but not so much time that you lose focus or motivation.

Most importantly, once you’ve tried to achieve your goals, you may discover you need to adjust them so that you stay on track. Work the ER...

- **E**valuate them daily for their relevance and ability to keep you motivated. Ask yourself, “Am I following through?”
- **R**eassess your goals and action steps often. Make adjustments if necessary.

Health Goals	Behavior Change (+/-)	Action Step	Timeline	Obstacles
1.				
2.				
3.				
4.				
5.				