

SMART Goal Setting

When embarking on a journey towards better health, the act of writing out goals can help you succeed. Complete this worksheet with a registered dietitian nutritionist to help set nutrition goals you can achieve. Include answers to each letter to craft a SMART goal.

Example
SMART
Goal:

I will include a serving of whole grains, like oats, in two meals each day for the next three months.

S	Specific: Write down exactly what you plan to do will provide clear direction	What do I want to accomplish? What are the requirements?	
M	Measurable: Make sure you can measure your goals so you can track your progress	How will I know when my goal is accomplished?	
A	Attainable: Choose something that is achievable with your lifestyle	What steps will I need to take to achieve this goal?	
R	Realistic: Craft a goal that is within reach and relevant to you	Do I have the resources to accomplish this goal? Is this the right time?	
T	Time-Bound: Create urgency with a clearly defined timeline, including a starting date and a target date	How long will it take to accomplish this goal? When am I going to work on this goal?	

Date _____

Signature _____

Personalized recommendations courtesy of _____