



WEEK 2: Walk to Wellness

SMART Goal Weekly Worksheet

SMART goals enable you to take small, manageable steps toward your long term goals/ vision. Complete a goal worksheet. Sharing your goal with a friend will help clarify the goal for you and provide accountability.

Specific _____

Measurable _____

Action- based (behaviors) _____

Realistic _____

Time-lined _____

*Include only 1 measurable behavior per goal.

My confidence in achieving this goal on a scale from 1-10 is _____

EXAMPLES:

“I will listen to music for 45 minutes on Friday to relax.”

“I will increase my water intake this week from 2 glasses to 4 glasses a day by drinking a glass of water mid-morning and mid- afternoon”

“I will I will walk 4 times this week for 30 minutes on M/T/TH/F”

SMART goals can also be cognitive (thinking) or affective (feeling)

EXAMPLES:

“I will make a list of pros and cons for losing weight on Tuesday night before I go to bed.”

“For 2 days this week (Tuesday and Thursday) I will log my thoughts and emotions when I eat”