Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

WHAT IS A SMART GOAL?

Our health is often determined by the choices we make—deciding to exercise, deciding to take our medicine, or deciding to wear a seatbelt. Sometimes our choices can even save our lives. When we decide to make healthy choices, we frequently set a goal. Being SMART about goal setting can help us achieve our goals.

Using the SMART goal strategy helps us to be more specific about our goals, making them more achievable. A SMART goal can be set using five easy steps.

SPECIFIC

Your goal should clearly state WHAT you want to accomplish.

Instead of, "I want to be healthier" TRY "I want to exercise three times a week."

MEASURABLE

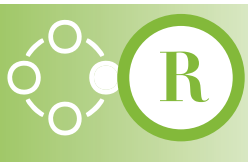
When a goal is measurable, you can clearly tell if you have completed it or not.

Instead of "study more" TRY "study for one hour after school each day."

ACHIEVABLE

Goals should be realistic. You should set a goal that truly can be met in the near future.

Instead of "become a professional football player" TRY "attend all football practices this semester."



RELEVANT

Goals should truly matter to you, and what you want.

Think about what matters most to you, and what goals would make you happiest if you achieved them.

TIME-BOUND

Make sure to give yourself a time frame when you set your goal.

Instead of "learn to cook someday" TRY "learn three new recipes by the end of the year."

WHAT ARE SOME EXAMPLES OF A SMART GOAL?

Because I want to be healthier (R), I will eat five (A) fruits or vegetables per day at least five days a week (S, M) by the end of this month (T).

In order to improve my heart health (R), I will take a one mile walk (S, M) every day (A) for the next six weeks (T).

Since I want to be fitter (R), I will exercise at the Fit Today Gym doing lifting (S,A), since it is my favorite activity, three days a week (M) for the next three months (T).

For more information, please visit:
https://tinyurl.com/29ta2dhr