

Monthly Health Challenge™



# Set SMART Goals

## CHALLENGE

Create a plan to get stuff done

**How much do you know about setting goals? Take the quiz to find out.**

- |    | T                        | F                        |
|----|--------------------------|--------------------------|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> |
- You can increase your odds of reaching your goals. Write them down and share your plans with someone. As you take action, give regular progress reports.
- Be mindful of your goal. Take time to picture success. Doing this can help change the way you think and act.
- Too much stress makes your brain focus on short-term rewards. But to reach your goal, you need to focus on the daily steps you need to take.
- It takes an average of 21 days to form a new habit. Some people take a little more time. Others take less time. Behavior change is different for each person.
- Measure your efforts each day, week, and month. And review your progress. This will help you complete your goals.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about SMART goals. In a recent study, researchers found that it takes an average of 66 days to form a new habit. Take it one day at a time. Setting goals is a great way to improve your health and your life.

*Answers: 1. True. 2. True. 3. True. 4. False. 5. True.*

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Set SMART Goals."
2. Set SMART goals with a daily, weekly, and monthly action plan.
3. Keep up this habit for a lifetime of good health.



©Hood River News

**F**lorida 11-year-old Noah Barnes thought he might get better from diabetes. He asked his mom if it goes away like a cold or a broken bone. And she had to tell him the truth. There is no cure. But Barnes wasn't about to take the news sitting down.

He decided to do something about it. He set a big goal. Walk across the United States to raise awareness for diabetes. His route totaled 4,200 miles. But before he headed out the door, he turned his big goal into a daily to-do list. Walk at least 12 miles a day for the next 11 months.

What's on your bucket list? Are there things you want to do or change? Do you want to improve your health, lose weight, be more active, stress less, or sleep more?

Having a goal in mind is a great place to start. But it's not enough to get from where you are to where you want to be. You have to break down a big goal into daily steps you can take to make progress. Want to learn how to do this?

Take the month-long health challenge to Set SMART Goals: Create a plan to get stuff done.

**Video:**  
Noah Barnes walks across USA for diabetes  
[tinyurl.com/ybzcyszsf](http://tinyurl.com/ybzcyszsf)

## The SMART Way to Set Goals

Noah came up with the idea to walk across the United States for diabetes awareness. But he asked his parents to help him. Together, they planned out the daily details for the year-long trip to make sure the adventure was a success. And it was. He walked 4,200 miles in 343 days. And he raised over \$20,000 for diabetes research.

Do you want to change a behavior, master a healthy habit, or accomplish a goal? Do it the same way Noah did. Set a SMART goal, and take it one step at a time.

Reach your goals the SMART way  
[tinyurl.com/y84w58dy](http://tinyurl.com/y84w58dy)

## Here's what a SMART goal looks like:

Describe your goal and how you will accomplish it using the SMART goal strategy. Use 1 to 2 sentences to address each category.

**S**pecific – Define your goal with as much detail as you can. Write it down. Be specific about what you want to achieve.

**Example:** I want to lose weight by making better food choices and being more active.

**M**easurable – You need a way to measure your efforts. Keep a daily, weekly, and monthly record. Track your progress. Use a journal, logbook or mobile app. Research shows being able to measure your progress can help you with goals like lose weight, improve sleep, eat healthier, and be active each day.

**Example:** I will weigh myself today. I'll weigh in once a week, and keep a record.

**A**ttainable – Whether you have a big goal or a small goal, you need to be able to define how you are going to accomplish it. Is it possible for you? What actions are you going to take to be successful? Explain what you will do. Break down your goal into daily action steps you can take.

**Example:** I will eat 2 to 3 cups of vegetables per day. I will walk for 30 minutes every morning.

**R**easonable – Set goals you can reach in a few weeks or a few months. Keep it real. If you have a big goal like walk across America or lose 100 pounds, break it down into smaller goals. When you complete short-term goals, it proves you have the ability. This helps keep you motivated.

**Example:** I will wake up 15 minutes earlier to prepare a healthy breakfast, and make my lunch. I will increase walking 15 minutes a day to 30 minutes a day.

**T**imeline – Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

**Example:** I want to lose 10 pounds in 10 weeks.

## 8 tips to help you reach your goal

Taking one step at a time is the best way to reach your goals. Here are eight tips to help you stay on track to reach your goal:

1. **Focus on one goal at a time.** Taking on too much can overwhelm you and lead to failure.
2. **Pick something you are ready to tackle** and have a genuine desire to improve.
3. **Start with small steps.** Set goals that challenge you but that you are confident you can accomplish.
4. **Take a class or join a support group.** Join a wellness challenge for added knowledge, motivation, and support.
5. **Log your progress daily.** It helps keep you on track – and seeing progress is motivating!
6. **Reevaluate your progress often.** Do more of what is working. If something isn't working, try a new approach. Don't give up!
7. **Set new goals.** When you complete a goal, repeat the process to improve other areas of your life.
8. **Be optimistic.** Think positively. You can do it!

10 Healthy lifestyle goals  
[tinyurl.com/ybp5s4xu](https://tinyurl.com/ybp5s4xu)

### Create Your SMART Goal:

Use 1 to 2 sentences to address each category.

**S**pecific: \_\_\_\_\_

**M**easurable: \_\_\_\_\_

**A**ttainable: \_\_\_\_\_

**R**easonable: \_\_\_\_\_

**T**imeline: \_\_\_\_\_

## References

1. Barnes, N. (2017). Noah completes his march across America. Noah's March Foundation. From: <https://tinyurl.com/yco7238f>
2. Lally, P., et al. (2009). How are habits formed: Modelling habit formation in the real world. *European Journal of Social Psychology*, 40(6):998-1009. doi: 10.1002/ejsp.674
3. Crossman, J. (2015). Using behavior change plans to make wellness an informed priority: Health education meets general education. Northeastern Educational Research Association Annual Conference, University of Connecticut. From: <https://tinyurl.com/y7sb2ddt>
4. Hollis, J., et al. (2008). Weight loss during the intensive intervention phase of the weight-loss maintenance trial. *American Journal of Preventive Medicine*, 35(2):118-126. doi.org/10.1016%2Fj.amepre.2008.04.013
5. Steinberg, D.M., et al. (2015). Weighing every day matters: daily weighing improves weight loss and adoption of weight control behaviors. *Journal of the Academy of Nutrition and Dietetics*, 115(4):511-518. doi: 10.1016/j.jand.2014.12.011
6. Centers for Disease Control and Prevention. (2015). Losing weight. National Center for Chronic Disease Prevention and Health Promotion. From: [https://www.cdc.gov/healthyweight/losing\\_weight/index.html](https://www.cdc.gov/healthyweight/losing_weight/index.html)



# Set SMART Goals



**CHALLENGE**  
Create a plan to  
get stuff done

**Instructions**

1. Post this calendar where you see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Set SMART goals with daily, weekly, and monthly plans, and take action.
3. Use the calendar to record your actions and choices to set SMART goals and make it a regular part of your life.
4. Review your progress at the end of each day, week, and the end of the month. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	

\_\_\_\_\_ Number of days this month I took action to set SMART goals and make them a part of my life

\_\_\_\_\_ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

-----  
-----

Name \_\_\_\_\_ Date \_\_\_\_\_



[www.BlueHealthAdvantageNE.com](http://www.BlueHealthAdvantageNE.com)

