How to Make S.M.A.R.T. Goals

**Specific:** Clearly state what you want to accomplish.
- Try to answer WHO, WHERE, WHEN, WHY, and HOW:
  - **Who** is involved?
  - **Where** will I accomplish my goal?
  - **When** will I try to reach my goal?
  - **Why** do I want to reach this goal?
  - **How** will I go about reaching this goal? **How** will I work around barriers?
- **General goal:** “I want to exercise and get in shape.” ✗
- **Specific goal:** “I will walk on the treadmill at the gym three times per week at 7 a.m. to get in better shape.” ✔

**Measurable:** Make sure to track your progress.
- To determine if your goal is measurable, answer the following questions:
  - **How much?** How many?
  - **How will I know when my goal has been reached?**
- **General goal:** “I want to lose weight.” ✗
- **Measurable goal:** “I want to lose 10 lbs in 2 months.” ✔

**Action-Oriented:** Know what actions you need to take to reach this goal.
- **General goal:** “I want to be less stressed.” ✗
- **Action-oriented goal:** “I will attend a stress relief workshop on campus every Thursday.” ✔

**Realistic:** Think big but make sure it’s possible!
- **Unrealistic goal:** “I am going to stop eating all sweets and sugars.” ✗
- **Realistic goal:** “I am going to limit dessert to twice per week.” ✔

**Timely:** Set a time limit for reaching your goal.
- **General goal:** “I want to lose 10 lbs.” ✗
- **Timely goal:** “I want to lose 10 lbs by May 1st.” ✔
My Wellness Goal

Vision
My ideal wellness vision is to _____________________________________________________________

SMART Goal-Writing

Specific:
- **Who** is involved: ________________________________________________________________
- **Where** I will do this: _____________________________________________________________
- **When** I will do this: _____________________________________________________________
- **Why** I want to do this: ____________________________________________________________
- **How** I will do this: ______________________________________________________________

Therefore, my SPECIFIC goal is to: ____________________________________________________________

Measurable: I will track my progress by: ____________________________________________________________

Action-Oriented: **CHECK** – Is my goal action-oriented? **YES** ☐ **NO** ☐
If no, rewrite: ____________________________________________________________

Realistic: **CHECK** – Is my goal realistic? **YES** ☐ **NO** ☐
If no, rewrite: ____________________________________________________________

Timely: I will reach my goal by the following date: ____________________________________________________________

Barriers, Solutions, and Rewards

My potential barriers are ____________________________________________________________
I will work around these barriers by ____________________________________________________________
My healthy reward will be ____________________________________________________________

CONTRACT

I, __________________________ (name), pledge to take the steps above to reach my S.M.A.R.T. goal.

Signature __________________________ Date __________________________
