Goal #1:

________________________

Goal #2:

________________________

Goal #3:

________________________

Sample goals:
1. Increase daily intake of fruit and vegetables from an average of ____ to ____.
2. Cook a meal with fish twice a week.
3. Develop a shopping list every week before going to the grocery store.
4. Lift weights twice a week.
5. Walk two times a week for 30 minutes.
6. Limit TV and computer use.
7. Plan an active outing like hiking.

**SMART Goals:**

- **Specific:** use specific rather than generalized language. Clearly state the issue, the target group, the time and place of the program.

- **Measurable:** be clear in the objective about what will be changed and by how much. Setting this clearly at the start makes it easier to evaluate.

- **Achievable:** be realistic about what the program can achieve in terms of the scale/scope of what is being done, the time and resources available.

- **Realistic:** objectives need to relate to and be relevant to the goals. Remember objectives are the building blocks/steps toward meeting the goals.

- **Time-based:** be clear in the objectives about the timeframe in which the program/activities (as well as expected changes) will take place.