

SMART GOALS

A **goal** is something that you are motivated to **work toward** and achieve. The first action step is choosing something that is *important in life* to achieve in *the* long term. The second step is to set a short term goal for the week or month that helps get you started and which sets out exactly what you will do, how much, when and how often. Using “**SMART**” goals in which each letter of the word stands for a particular idea, will help you to plan and achieve your short and long term goals.

S

“S” stands for Specific.

Make sure that your physical activity goal is really clear, or specific.

M

“M” stands for Measurable.

Make sure that you can measure the activity. This could be with time, distance, weight, or repetitions. Any activity that has a start and a finish can be timed.

A

“A” stands for Achievable.

Make sure the goal is achievable. If the goal is set at a level that is too easy, then there is nothing to strive towards. If the goal is too difficult, then it is likely to lead to disappointment if the goal is not achieved. It is best to predict the target you can achieve in a week with hard work and determination.

R

“R” stands for Realistic.

Make sure the goal is realistic, taking medical advice, your timetable / calendar / things around you, into account.

T

“T” stands for Time.

Make sure the goal has a time target, with a clear beginning and end timeframe. A one week timeframe is appropriate to start with for your physical activity goal.

LONG AND SHORT TERM GOAL SETTING:

What is your long term goal?

(E.g. To be fitter and healthier, so I can be a better friend/parent)

What is your short term goal for the next 4 weeks?

(E.g. To walk with my kids or friends to the park and watch them play or do activities)

What exactly will you do today to start on your goal?

(E.g. I will walk today-a short comfortable distance and measure it & I will time how long I can sit comfortably for)

SMART GOALS:

SMART GOAL IDEAS	PLAN
Specific	What is your specific goal?
Measurable	What will you measure? What tools do you need to measure it? E.g., a stop watch, tape measure. What is your starting point? E.g., 10 minutes.
Achievable	Is the goal achievable? How do you know?
Realistic	Is your goal achievable with all the other things happening around you?
Time-targeted	What is your timeframe? E.g., 1 week

Notes:

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