

Setting SMART Goals

What is your initial goal?

Transform this goal into a SMART goal.

S	What do I want to achieve? Be precise.
Specific	
M	How will I know when I have achieved my goal?
Measurable	
A	What actions must I take to reach my goal?
Action-Oriented	
R	How can I keep my goal practical, given my time and resources?
Realistic	
T	What is the specific time frame for my goal?
Time-Based	

<p>Examples of SMART goals:</p> <ul style="list-style-type: none"> • I will test my blood sugar daily before breakfast • I will read food labels daily to help me count carbohydrates at meals and snacks • I will walk for 30 minutes 3 days this week at the park • I will take my Metformin with breakfast and dinner daily as prescribed • I will keep my blood sugar and food log daily and bring it with me for the dietician to review in two weeks 	<p>My new SMART goal:</p>
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