A New You: Health for Every Body

Finding Your Own Way

Use the following worksheet to help you set a SMART goal.

1. **Why** do YOU want to adopt a healthier lifestyle?
   
   I want to improve my health because

   __________________________
   __________________________
   __________________________
   __________________________

2. **Where** are you going to start? What was your top choice on the *Readiness to Change* worksheet?
   
   I will begin by making a change in the area of

   ______________________________

   Set a SMART goal

   S = specific
   M = measurable
   A = attainable
   R = realistic and relevant
   T = time bound

3. **What** do you want to accomplish? What is your goal? Is it SMART?
   
   In the area selected in #2 above, I would like to accomplish the following:

   __________________________
   __________________________
   __________________________
   __________________________
   __________________________

4. **How** are you going to do to reach this goal?
   
   During the next week, then month, I will do the following:

   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
   __________________________
5. **When** are you going to start?

Create a schedule for this next week:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Day of the week</th>
<th>Time of day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. **Who** can help you?

I am going to ask for help from the following people:

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

7. **How** will you maintain this change over time? What barriers will interfere with your efforts to maintain the change? What kinds of strengths, supports and rewards will help combat those barriers?

<table>
<thead>
<tr>
<th>Barriers</th>
<th>Solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

References
