

## Making a S.M.A.R.T. Plan

When it comes to improving our health, we all know what we are supposed to do—eat healthy and move more. It sounds easy enough, but **getting started can be tough**. A good plan can be a step in the right direction, serving as a personal road map. The key to success—set up a S.M.A.R.T. PLAN.

<b>Specific</b>	Be precise about what you expect to achieve.
<b>Measurable</b>	Include amounts, times, days and other milestones for gauging success.
<b>Achievable</b>	Be reasonable; is your plan attainable given what is Presently happening in your life?
<b>Relevant</b>	Be sure your plan is meaningful/important to <i>you</i> .
<b>Trackable</b>	Record your progress regularly to measure your achievements.

Here is an example of a **NOT-SO-S.M.A.R.T.** and a **S.M.A.R.T.** fitness plan focused on activity:

### **NOT-SO-S.M.A.R.T. Plan:**

I haven't been doing any type of activity, so this week I will exercise for an hour every day.

#### **Plan Check List:**

<b>Is it specific?</b>	No, you didn't specify what activity you plan to do nor when you intend to do it.
<b>Is it measurable?</b>	Yes, one hour every day.
<b>Is it achievable?</b>	Probably not. Where will you suddenly find a free hour every day for activity? If you've been inactive, a whole hour of activity may be a set-up for a painful experience such as sore muscles or a possible injury.
<b>Is it relevant?</b>	Probably not, sounds like overkill.
<b>Is it trackable?</b>	No, you don't have a plan for keeping a record of your activity.

### **S.M.A.R.T. Plan:**

I will walk 3 days this week (Monday, Wednesday, Friday) for 20 minutes each day. I will do this at 6:00 a.m. before work. This plan will work for me because I enjoy walking and I'm a "morning person." I don't have anyone at home that needs my attention at that time. My neighbor will join me for these walks. We have been walking partners in the past. I will record my minutes of walking in my FOOD & ACTIVITY JOURNAL.

#### **Plan Check List:**

<b>Is it specific?</b>	Yes, walking is the specified activity and it's planned for the a.m.
<b>Is it measurable?</b>	Yes, 3 days a week for 20 minutes.
<b>Is it achievable?</b>	Yes, I have walked with my neighbor in the past.
<b>Is it relevant?</b>	Yes, walking is an activity I enjoy.
<b>Is it trackable?</b>	Yes, I will record my walking in my FOOD & ACTIVITY JOURNAL.

Throughout this class, you will be designing S.M.A.R.T. plans for yourself. They will guide you on your path to a healthier lifestyle. Stop and take time now to set up a S.M.A.R.T. fitness plan for this week. The key is to be as specific and realistic as possible.

### **S.M.A.R.T. fitness plan for this week:**

#### **Specific**

What activity(s) will I do?

What time of day will I do it?

#### **Measurable**

How many days will I exercise?

Which days will I exercise?

How many minutes will I do it for?

#### **Achievable**

Is this plan realistic given my schedule this week? Consider time constraints and available support.

How will I “trigger” myself to remember to do it?

#### **Relevant**

Is this an activity I enjoy?

How can I make it a priority this week?

#### **Trackable**

Where will I record my activity?