



SMART Goal Planning Worksheet

Use this worksheet to identify a health-related behavior you want to change and turn it into a SMART goal. A SMART Goal is a clearly defined objective that helps you stay focused, track progress, and achieve meaningful results. Each SMART goal should **meet** the following criteria:

- **Specific:** Clearly defines what you want to accomplish.
- **Measurable:** Includes criteria to track progress and success.
- **Achievable:** Realistic and attainable within your resources.
- **Relevant:** Aligns with your broader goals and values.
- **Time-bound:** Has a deadline or defined timeframe.

SMART Planning

Ask yourself 7 questions:

1. What is one health-related behavior you'd like to change?

2. On a scale of 1-10, how ready are you to make the change? (Circle the number)



3. What would it take to move you closer to 10 (e.g. better planning, family support, more information, accountability, etc.)?

4. What are the benefits of making this change?

5. What are the barriers that make it difficult to make this change?

6. How will you overcome these barriers and succeed despite them?

7. Why is this important to you right now?

Example SMART Goal

Specific: Daily water intake

Measurable: 64 ounces per day

Achievable: Trackable with a water bottle or app

Relevant: Supports hydration and energy levels

Time-bound: 21-day challenge

Goal: Drink at least 64 ounces of water daily for the next 21 days.

Create Your Own SMART Goal

Write your goal below and break it down using the SMART criteria:

Specific	
Measurable	
Achievable	
Relevant	
Time-bound	
Final GOAL	

Next Steps

After finalizing your SMART goal, identify the key action that will move you forward and the support you'll need to stay on track.

What is the first step you will take? _____

What support or resources do you need? _____

How will you hold yourself accountable? _____