

## APPENDIX 4. My SMART Goal Worksheet

Name:		
S	Specific (simple, sensible)	What do I want to accomplish? (e.g., <i>I would like to walk more</i> ) Whom would I involve? Where would I do this? What resources would I need to use? What can I anticipate as barriers?
M	Measurable (meaningful, motivating)	How much and how often will I do it? (e.g., <i>Getting off the bus early at the end of the day so that I have a 15-minute walk home 3 days/week</i> ) How hard do I need to walk or engage in physical activity? How will I know when I am successful?
A	Attainable (achievable)	How will I do it? (e.g., <i>I will wear or take my walking shoes and make sure I am dressed for the weather</i> ) Can I do it? Can I afford it?
R	Relevant (realistic, reasonable)	Is this the right time for me? Is it worth the effort?
T	Time-bound (timely, time-sensitive)	When will I start? (e.g., <i>I will start next Monday</i> ) What can I do today? What can I do in six weeks from now? What can I do in six months from now?
My particular immediate SMART Goal:		
What is one challenge that you feel may make it hard to reach your goal(s)?		
How do you think you would manage this challenge?		
Your signature:		Date:

### Sources:

- 1) My Health Alberta-Government of Alberta – <https://myhealth.alberta.ca>
- 2) Centre for Active Living: [www.centre4activeliving.ca](http://www.centre4activeliving.ca)
- 3) Health Link BC: [www.healthlinkbc.ca](http://www.healthlinkbc.ca) and Health Families BC: <https://www.healthyfamiliesbc.ca>

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