SMART Goals for Physical Movement

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| **S**pecific  Make sure your goal is clear.   * ***What*** *exactly is your goal?* * ***How*** *are you going to achieve it?* * ***Where*** *will you work on it?* * ***When*** *will you work on it?* | **Example:**  I want to be stronger and have more energy. I will buy some light 3 lb weights to rebuild arm strength and do 2-3 YouTube exercise videos a week which I can do from home while my kids are at school. |
| **M**eaningful  Make sure this goal is important to you. If someone else chooses a goal for you, you’re not going to have the motivation to follow through.   * ***Why*** *are you pursuing this goal?* * *What* ***personal values*** *of yours does this goal align with?* * ***How will your life be better*** *if you achieve this goal?* | **Example:**  I want to have more energy and feel like my pre-cancer self again.  If I have more energy I would be able to clean the house and still be able to play with my kids afterwards.  I wouldn’t feel as guilty about having to leave them to take so many naps. |
| **A**djustable and **A**chievable  You must be able to adjust your goal if needed.   * *What* ***barriers*** *do you foresee in achieving this goal?* * *How can you* ***adjust*** *your goal* ***in response*** *to these barriers?* * *Is there anything you can do to* ***get around these barriers*** *without having to adjust your goal?* | **Example:**  A barrier for me would be a lack of motivation. If I don’t have the energy to exercise I can’t build up my strength. I will have to be patient with myself and only do exercise on the days when I do have the energy.  When I do, I will focus on exercises that build muscle because I know that having more muscle mass increases your energy levels. |
| **R**elevant, **R**ealistic, or **R**esults  The goal must be relevant to you, realistic within your circumstances, and produce results which you can review in order to determine if your plans are working.   * *Given my performance in achieving similar* ***goals in the past****, how* ***realistic*** *is my goal?* * *Should I consider* ***changing*** *my goal to be more realistic?* * *Is there a way I can* ***start off easier*** *and slowly build my way up to finishing my goal?* * *What* ***results*** *will I be able to* ***see/measure*** *when achieving my goal?* | **Example:**  This goal is realistic because I’m now focusing on making healthy changes more than I ever have in the past.  If I need to take more than days off to rest than planned, I’ll allow myself to without being frustrated or disappointed in myself.  Results I hope to see: weight loss, a leaner physique, more energy, progress on how much I can do at once. |
| **T**imely  Your goal must be time oriented.     * ***What day*** *will you start?* * *When will you* ***review*** *your* ***progress?*** * *How will you* ***track*** *your* ***progress?*** | **Example:**  I will start on Sunday and review my progress once a week every Saturday.  I’ll track my progress by keeping track of how long I can exercise for and how much stronger I feel as I progress. |
| Now try your own…. | |
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