

Using SMART as a guide for goal setting can help you incrementally improve your health. Making sustainable lifestyle change is more likely to occur if you can stage your progress in steps that lead to attainable results.

An example of a SMART goal related to substance use is: "I will swap my morning cigarette with chewing gum at least 5 days this week for the next four weeks. I will ask my partner to help keep me on track and use a texting service for more support." Another example of a nutrition goal is: "I will add 1 cup of berries to breakfast and a small apple or orange as an afternoon snack at least five days this week."

Try using the SMART acronym to guide your goal setting today.



Specific: Goals need to be clear and specific.

Measurable: Goals need to be able to be measured and tracked so you can see your progress.

Achievable: Can you take action toward your goals? You should be able to take steps toward your goal to achieve them?

Realistic: What can you actually do? (improvement over perfection)

Time-Bound: How frequent? How long will you commit?

How I Eat

How I Sleep

How I Move

How I Stay Calm

How I Connect
