

S - specific
M - measurable
A - achievable
R - realistic
T - timely

Lunches and Snacks SMART Goal

This worksheet will help you develop a SMART goal for Healthy Eating

After reviewing your personal eating habits, choose one thing you could change to give you the benefits of healthy eating.

Specific - A specific goal has a much greater chance of being accomplished than a general goal. You will want to answer these five "W" questions as you work through developing your goal. For example:

- **Who:** Who is involved? *I am*
- **What:** What do you want to accomplish? - *I will eat one piece of fruit*
- **Where:** Identify a location. - *at home*
- **When:** Establish a time frame. - *at breakfast*
- **Why:** Specific reasons, purpose or benefits of accomplishing the goal. - *I will be healthier, look and feel great*

EXAMPLE: A **general goal** would be, "Eat More Fruit." A **specific goal** would be, "I will eat one piece/serving of fruit each day at breakfast, so I will be healthier, have more energy, feel good and look great."

Decide which idea above you want to start working on. By the end of this activity, you will have a SMART goal.

Measurable – Have targets (how much, how many, how often, when etc.) so that you can measure your progress. You will feel good because you know that you are being successful. This will give you positive energy to help you continue!

- *I will eat **one piece or serving** of fruit at breakfast for **30 days** (some research shows a new habit can be formed in 30 days).*

Does my goal let me measure my ongoing success?

Attainable – Even small goals have many steps. What would have to happen for this goal to be successful? What would be difficult and how would you overcome any difficulties?

- *Buy fruit I can **afford**, in season (maybe share large baskets with friend or neighbour)*
- *Buy canned or frozen fruit when it is on sale **in case I run out** of fresh fruit.*
- *Learn how to **buy and store** fruit so that it doesn't go bad because I do not want to waste my money.*
- *I don't have a lot of time in the morning. I will plan which fruit I am going to eat and make sure it is washed or ready when I get up in the morning.*

What do I have to do to achieve my goal?

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Realistic — Do you really **want** to do this? Do you **believe you can** do it? Have you done something **similar** in the past that was successful?

- *This is important for my health, and sets an example for my children, so I want to do this.*
- *I can do this because I like fruit and I already eat breakfast, so I will be able to add this new habit.*
- *I started eating more whole grain bread last year, so I have already changed my eating habits successfully.*

To make sure I can reach my goal, I will start by.....

Timely - A goal should have a beginning and an end. Soon, someday, forever etc. are not words that will make you feel you are doing something important and you will never get the satisfaction completing your goal.

- *I will start planning by figuring out what fruit I will buy when I go grocery shopping on Saturday. I will start eating the fruit on Sunday morning. I will do this for 30 days.*

I will start my goal on this date: _____

I will measure my progress: _____

I will have finished my goal by: _____

My SMART Goal:

Name: _____