



## How-to Set SMART Goals

Goal setting is defined as the act of selecting a target or objective you wish to achieve and one that is meaningful to you. Before making a goal, ask yourself; What does success look like to **me**? What do I want to achieve? Start small, set a positive goal and include activities you really enjoy.

Use this template to help you get started with setting and tracking SMART goals. With the proper goal-setting tools and a renewed focus, there really is no telling how far you can go.



Sample

**S**

**Specific**

Who? What?  
Where? Why?

Accumulate  
7,500 steps  
per day for  
better health  
and increased  
happiness

**M**

**Measurable**

How will you  
track your  
progress?

Use an app to  
track daily steps

**A**

**Achievable**

How will you  
achieve this goal?

Take a 20-30  
minute walk  
each day, spend  
time gardening  
each week, and  
remembering  
to park further  
away when  
running errands.

**R**

**Relevant**

How does this  
goal help you?

Getting more  
steps each day  
will give me more  
energy, will lift my  
mood, and will  
help me be my  
best self!

**T**

**Timely**

When will you  
achieve this goal?

Accumulate  
7,500 steps per  
day for a total  
of 230,500  
steps in one  
month!



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# S

**Specific**

Who? What?  
Where? Why?

# M

**Measurable**

How will you  
track your  
progress?

# A

**Achievable**

How will you  
achieve this goal?

# R

**Relevant**

How does this  
goal help you?

# T

**Timely**

When will you  
achieve this goal?

**My **SMART** goal**

Keep this resource handy. Carry a copy with you in your wallet or bag, and place copies either in your office, on your fridge, or the door of your gym locker – wherever you may need a gentle reminder of the commitment you have made for your well-being!

Speak to your Health Care Provider for more information on how physical activity can improve your life or visit [www.gov.nl.ca/tcar](http://www.gov.nl.ca/tcar)