



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.



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 the
ParticipACTION
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!



Try our app!

Be sure to track this activity on the ParticipACTION app for a chance to win great prizes! Download it for free in **Google Play** or the **App Store**.

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



How-to Set **SMART** Goals



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!