

## Healthy Life High Blood Pressure Program

# My SMART Goals

## SMART

<b>S</b> pecific	Focus on who, what, when, where and how
<b>M</b> easurable	Include measures – time, amount, ways to gauge progress
<b>A</b> chievable	Confident in this change?
<b>R</b> elevant	Is this change important to you; will it make a positive difference?
<b>T</b> ime-bound	<b>Commit!</b> Identify a realistic time frame to achieve goal

### What changes do you want to make?

**EXAMPLE:** I want to eat more vegetables – this will likely help my weight and blood pressure.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Write them using the SMART format

**EXAMPLE:** I will choose to eat a salad for dinner Monday and Thursday instead of 2 servings of French fries.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_