

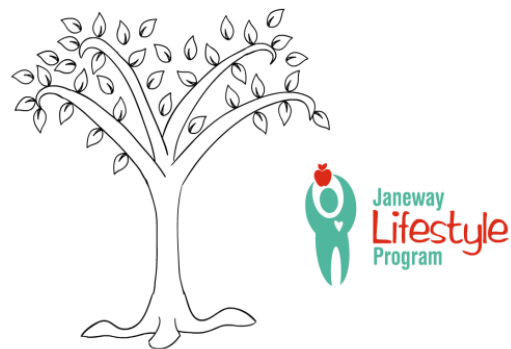
## Janeway Lifestyle Program (JLP)

# Creating SMART Goals

### Why make goals?

Almost everyone can improve something about their lifestyle in order to live healthier.

People who have the most success in making changes usually do so by making goals. It is helpful for goals to be SMART. It is also important to keep trying – some goals may be easier than others, and even small changes can have a lasting effect on your health!



### What is a SMART goal?

**S** = Specific. The goal is specific: you can answer when, where, what, who, and how.

**M** = Measurable. You know if it's done.

**A** = Attainable. It's possible for you to do.

**R** = Relevant. The goal is important to you.

**T** = Time-Specific. Set a time limit for each goal.

### How do I make SMART goals?

Choose one or two SMART goals per week. If possible, choose goals from different areas. For example, one goal from nutrition, one related to physical activity, and one goal related to feeling good. We have included some examples of SMART goals on this handout to help get you started.



## Sample SMART Nutrition Goals

1. Have a serving of fruit for bedtime snack every second day during the week.
2. Limit intake of juice to ½ cup per day.
3. Replace 1 sugar sweetened beverage with 1 glass of water every day this week.
4. Switch to skim, 0.5% or 1% milk.
5. Buy and eat a vegetable or fruit that you've never tried before.
6. Limit intake of processed meat, such as bacon, bologna and pepperoni, to every second week.
7. Limit intake of frozen convenience foods, such as nuggets, pizza, and burgers to once a week.
8. Choose a new healthy recipe this week to prepare for the family.
9. Have one piece of fruit with breakfast every day.
10. Sit down at the dinner table to eat all meals without -electronic devices or cell phones.
11. Have breakfast at least 5 days per week.

## Sample SMART Activity Goals

1. Skip rope every day after school.
2. Do one stretching exercise every day.
3. Go for 15-minute walk 3 days this week.
4. Decrease time spent watching TV, playing video games, or on the computer by 30 minutes per day.
5. Walk around the house, stretch, or do jumping jacks in between episodes of a show or YouTube videos.
6. Use the stairs inside of elevators.
7. Play a board game with family or friends.

## Sample SMART Feel Good Goals

1. Make a list of things you are thankful for.
2. Give yourself a compliment every day.
3. Try something new that interests you.
4. Take a 5-minute relaxation break every day.
5. Keep a daily record of three things that you did well today.
6. Do your best to stop saying anything negative about your body (to yourself or others).
7. Get 8 hours rest five out of seven days this week.
8. Forgive yourself for any mistakes made today.
9. Forgive a friend for any mistakes today.
10. Do something you enjoy every day.
11. Do something nice for someone else every day.
12. Keep a journal of all of the positive things people say to you.
13. Contact a friend you haven't seen in a while.
14. Write in a diary/journal.

