

Making a S.M.A.R.T. Plan

When it comes to improving our health, we all know what we are supposed to do—eat healthy and move more. It sounds easy enough, but **getting started can be tough**. A good plan can be a step in the right direction, serving as a personal road map. The key to success—set up a S.M.A.R.T. PLAN.

Specific	Be precise about what you expect to achieve.
Measurable	Include amounts, times, days and other milestones for gauging success.
Achievable	Be reasonable; is your plan attainable given what is Presently happening in your life?
Relevant	Be sure your plan is meaningful/important to <i>you</i> .
Trackable	Record your progress regularly to measure your achievements.

Here is an example of a **NOT-SO-S.M.A.R.T.** and a **S.M.A.R.T.** fitness plan focused on activity:

NOT-SO-S.M.A.R.T. Plan:

I haven't been doing any type of activity, so this week I will exercise for an hour every day.

Plan Check List:

Is it specific?	No, you didn't specify what activity you plan to do nor when you intend to do it.
Is it measurable?	Yes, one hour every day.
Is it achievable?	Probably not. Where will you suddenly find a free hour every day for activity? If you've been inactive, a whole hour of activity may be a set-up for a painful experience such as sore muscles or a possible injury.
Is it relevant?	Probably not, sounds like overkill.
Is it trackable?	No, you don't have a plan for keeping a record of your activity.

S.M.A.R.T. Plan:

I will walk 3 days this week (Monday, Wednesday, Friday) for 20 minutes each day. I will do this at 6:00 a.m. before work. This plan will work for me because I enjoy walking and I'm a "morning person." I don't have anyone at home that needs my attention at that time. My neighbor will join me for these walks. We have been walking partners in the past. I will record my minutes of walking in my FOOD & ACTIVITY JOURNAL.

Plan Check List:

Is it specific?	Yes, walking is the specified activity and it's planned for the a.m.
Is it measurable?	Yes, 3 days a week for 20 minutes.
Is it achievable?	Yes, I have walked with my neighbor in the past.
Is it relevant?	Yes, walking is an activity I enjoy.
Is it trackable?	Yes, I will record my walking in my FOOD & ACTIVITY JOURNAL.

Throughout this class, you will be designing S.M.A.R.T. plans for yourself. They will guide you on your path to a healthier lifestyle. Stop and take time now to set up a S.M.A.R.T. fitness plan for this week. The key is to be as specific and realistic as possible.

S.M.A.R.T. fitness plan for this week:

Specific

What activity(s) will I do?

What time of day will I do it?

Measurable

How many days will I exercise?

Which days will I exercise?

How many minutes will I do it for?

Achievable

Is this plan realistic given my schedule this week? Consider time constraints and available support.

How will I “trigger” myself to remember to do it?

Relevant

Is this an activity I enjoy?

How can I make it a priority this week?

Trackable

Where will I record my activity?