



SMART GOALS

FIND YOUR 30 @WORK

A SMART Goal allows you to clarify your purpose, focus your efforts, use your resources effectively, and ultimately achieve what you want!

S

SPECIFIC

What do you want to accomplish? with whom? Which resources or obstacles are involved, and how are you going to use/overcome them? Being specific increases your chances of achieving your goal.

M

MEASURABLE

How many active minutes per day are you planning to incorporate into your day? How are you going to break up this movement into measurable segments?

A

ATTAINABLE

It is very important that your goals are realistic and achievable. For example, if you only have 20 minutes per day that you can dedicate to physical activity, then setting a goal to be active for an hour is unrealistic.

R

RELEVANT

Why is this goal important to you? Clarifying your purpose allows you to effectively use the tools and resources available to you to overcome obstacles.

T

TIMELY

How long will it take to achieve this goal? Setting a time-frame to your goal creates a sense of urgency and focuses your efforts on what matters to achieve this goal.

SMART goal example: I want to be more active for 30 minutes/day for 30 days. I want to achieve this goal by walking around the block for 20 minutes everyday during my lunch break with my colleague. If the weather does not permit, then we will take the stairs up and down instead. Then, I will take a 10-minute stretching break around 2 pm. If I have a meeting from 2-3 PM, then I will take my stretching break at 3 instead.

