

**Heart and Stroke Foundation  
Health Goals Chart**



**Step 1:** Set SMART goals for yourself. Your goals should be:

1. **S**pecific (e.g. "I'd like to lose weight", as opposed to "I'd like to become a new person")
2. **M**easurable (eg. "I want to be able to lose 5 pounds" as opposed to "I'd like to lose some weight")
3. **A**ttainable (e.g. "I want to be able to run a mile in 12 minutes", as opposed to "Even though I've never run before, I want to break the one-minute mile")
4. **R**ealistic (e.g. "I work up to a 2 mile run 3 times a week" as opposed to "I want to compete in the next Olympics")
5. Have a **T**ime frame (e.g. "I want to be able to lose 5 pounds in 2 months")

**Step 2:** Write down some of the steps you'll take to achieve your goal.

**Step 3:** Prioritize your goals. You can't do everything at once. Examine your life and check off the goals that are:

1. the most important to you
2. reasonable for you to take on at this point in your life.

<b>Priority Goal</b>	<b>The goals I'd like to achieve:</b>	<b>The steps I'll take to achieve that goal:</b>	<b>When I'd like to achieve that goal (the time frame):</b>
.	Lose 5 pounds	Walk every evening; replace 1 high-fat snack with a healthy alternative such as fruits or vegetables	Within 2 months

*Congratulations on setting SMART goals!*