

S.M.A.R.T.

Goal Setting for Your Health

Many people have a health goal in mind. Perhaps it's a goal weight or a clothing size, or maybe it's a physical fitness goal to complete a challenge or event. Although it is great to have a vision of the big picture and an ultimate goal, successful goal setting also can be achieved on a much smaller scale.

To begin, clearly define your "big picture goal" by using the **S.M.A.R.T.** approach to ensure your goal meets the criteria for being **S**pecific, **M**easurable, **A**ttainable (or aggressive), **R**elevant (or rewarding), and **T**ime-framed. For example, a quest to reach a weight goal would be approached like this: "I will lose an average of 1-1/2 pounds per week to reach my goal weight of 175 pounds by December 25, 2012."

After you establish your ultimate health goal, set three **S.M.A.R.T.** goals each week (or month) to help get you there. For example:

1. Walk on my treadmill in the morning before work for 45 minutes at 3.5 mph on Mondays, Wednesdays, Thursdays, and Fridays.
2. Prepare a healthy lunch for work each evening so it's ready to grab and go in the morning.
3. Keep a journal of the food I consume, recording serving sizes and calorie content for the next 7 days.

At the end of the week, look back and assess your successes and challenges, then set goals for the following week. This method of goal setting allows you to see continual progress and areas for improvement. It will help 2012 be **YOUR** year for reaching your ultimate health goal.



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

JANUARY 2012



"Setting quality, S.M.A.R.T. goals can help create a road map for finally achieving those health milestones you've been thinking about for years. Make your health your priority this year, and spend the rest of your life enjoying the benefits!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
★ New Year's Day 1	2	3	📁 Weight Loss Convoy ALUMNI Meeting 4	5	6	7
8	📁 Site-Wide Exercise Challenge — Start 9	10	11	📁 Site-Wide Health Fairs 12	📁 Hanford WorkFit Leader Training 13	14
♥ National Healthy Weight Week 15	★♥ Martin Luther King Day 16	📁♥ Weight Loss Convoy 17	♥ 18	♥ 19	♥ 20	♥ 21
22	23	📁 Weight Loss Convoy 24	25	📁 Back Health & Safety Workshop 26	27	28
29	30	📁 Weight Loss Convoy 31	♥ National Blood Donor Month 📁 Site-Wide Exercise Challenge 1.9.12 — 3.1.12 www.amhchallengetracker.com			

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: Health Coaching One-on-one health coaching is available to address a variety of health concerns including weight management, tobacco cessation, diabetes, heart health, and cholesterol. Please contact our Health Education department at 376-3939 for more information or to schedule an appointment.

- ♥ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____

