



Fitness *fact sheet*

STEPS FOR SUCCESS

SET SMART GOALS

Well thought-out goals are your map to success for personal objectives like weight loss and maintenance. But the goal is just a wish if it isn't SMART. Your goals need to be:

Specific. Be exact. Write down what you expect to achieve.

Measurable. Include amounts, times, days, and other measurable milestones for gauging success.

Achievable. Set your sights on a goal that is within reach, yet causes you to go beyond what you're doing today.

Relevant. Although it's nice for your spouse, your kids, or your boss, to want you to be successful, your goals need to matter most to you.

Time Specific. You need to set a date for the completion of your SMART goal. Once you have accomplished the first goal you can set another.

Remember, changing any habit takes time and work. Engaging in regular physical activity or making healthier food choices is no different. The great thing about MHealthy is it works where you are today, tomorrow, or next week.