



CREATING YOUR GOAL & ACTION PLAN EXAMPLES

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CREATING YOUR GOAL AND ACTION PLAN

(Recommended for MHealthy Rewards participants)

MHealthy Rewards is designed to motivate you to learn about your health, then either take steps to maintain it or make small changes to improve it. Take time to think about your personal health goals using your health questionnaire results and information below as a guide. You'll be amazed at how small steps can keep you on the right path!



WHAT'S YOUR GOAL? Remember to be **S.M.A.R.T.**!

- S**pecific – What *exactly* are you going to do?
- M**easurable – You need to be able to track progress; this can be framed by 'how much or how many'.
- A**chievable – Be realistic; losing 10 lbs. in 3 months is achievable, where losing 10 lbs. in 3 days is not achievable.
- R**elevant – Your goal should be important to you.
- T**ime-based – When do you want to accomplish your goal? Select a date in the future.

My SMART health goal is:

reduce my stress by improving my organizational skills

I will monitor my daily progress by:

email a daily log of accomplishments to FASAP coach

Challenges to achieving this goal are:

my busy schedule

my history of relying on others to keep me focused

My support team is:

my supervisor, my FASAP coach and my best friend

I will discuss my goal progress with my support team on (select a date in the near future):

every Friday

My action steps to overcome my challenges and achieving this goal are:

prioritize my daily "to do" list and check off the item when completed

I will work on one task at a time and avoid distractions

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will buy myself a new writing journal

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My SMART health goal is:

to walk for at least 30 minutes 3x week for the next 2 months

Challenges to achieving this goal are:

cold weather, lack of sunlight in the morning and evening, and

not having someone to walk with

My action steps to overcome my challenges and achieving this goal are:

I will set out my winter coat, gloves, and hat; ask a family member, friend to walk

with me; take the dog walking with me if no one is available

I will monitor my daily progress by:

using the app on my phone and/or marking it on my calendar

My support team is:

my husband, my daughter and my bowling partner

I will discuss my goal progress with my support team on (select a date in the near future):

2 weeks from this Monday

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will buy myself a new pair of walking shoes

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My SMART health goal is:

Lose 5 pounds in the next 30 days

Challenges to achieving this goal are:

eating too much candy during the day and having the motivation
to exercise

My action steps to overcome my challenges and achieving this goal are:

decrease my daily candy intake, listen to music while I walk
30 minutes on Mondays, Wednesdays and Saturdays

I will monitor my daily progress by:

weigh myself each Sunday morning and track my candy intake on my calendar

My support team is:

my spouse, my son and neighbor

I will discuss my goal progress with my support team on (select a date in the near future):

2 weeks from today

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will get a new manicure and pedicure

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My **SMART** health goal is:

Eat one piece of fruit and one cup of vegetables 3 days a week starting tomorrow Tracking my fruit & vegetable intake

I will monitor my daily progress by:

Challenges to achieving this goal are:

Lack of fruits and vegetables at home

The time it takes to prepare and cook vegetables

My support team is:

my co-worker and my neighbor

My action steps to overcome my challenges and achieving this goal are:

I will grocery shop each Sunday afternoon and purchase enough

fruits and vegetables for the entire week; I will eat one piece of

fruit with breakfast and one cup of vegetables with dinner

I will discuss my goal progress with my support team on (select a date in the near future):

3 weeks from tomorrow

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will purchase a new music CD

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My SMART health goal is:

I will quit using tobacco starting 1 month from today

Challenges to achieving this goal are:

My partner who smokes

Smoking in my car

My action steps to overcome my challenges and achieving this goal are:

Join a quit tobacco program to help me with my action plan to quit

Let my partner know I am quitting and ask for their support

Buy veggies and toothpicks for when I am driving in the car

I will monitor my daily progress by:

tracking my tobacco use and my triggers to smoking in my planner

My support team is:

my quit tobacco program support group and my sister

I will discuss my goal progress with my support team on (select a date in the near future):

each week at my support group meeting, on the phone every Tuesday with my sister

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will treat myself to a spa day

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My **SMART** health goal is:

To reduce my alcohol use by 7 glasses per week for the next 4 weeks

Challenges to achieving this goal are:

My husband and I enjoy wine and like to have a couple glasses each evening

My action steps to overcome my challenges and achieving this goal are:

I will stock up on teas and sparkling water to drink

I will talk with my husband about my plan

I will work a puzzle or read a book in the evening instead of drinking

I will monitor my daily progress by:

On the kitchen calendar, I will keep track of how many drinks I have and days I do not drink

My support team is:

My husband and my mom

I will discuss my goal progress with my support team on (select a date in the near future):

Daily with my husband and each Thursday with my mom

CELEBRATE YOUR SUCCESS!

Write below how you will celebrate your goal achievement (for example, "I will buy myself a new outfit"):

I will enroll in a local art class