

NAME :

DATE :

SMART GOAL FOR HEALTHY WEIGHT

Research shows that goals for weight loss or other healthy change should be **SMART** – Specific, Measurable, Achievable, Relevant, and Time-Based. Patients and providers can work together to set weight loss goals.

SMART Goal Criteria	Your Goal
SPECIFIC What do you plan to do? When will you do it? How often?	
MEASURABLE How will you track your progress?	
ATTAINABLE Is this goal realistic? If not, what is more realistic?	
RELEVANT Why is it important for you to achieve this goal?	
TIME BASED How many weeks or months will you work on this goal?	

DO	DON'T