

# Live Your Great **LIFE** With Great Goals!

Setting goals can help you be intentional about your time and effort. If you write your goals down, you are 42% more likely to complete them. Taking time to write out your goals can help keep you accountable in taking the next steps in your journey to a healthier you.

## Start with a good goal, then make it **GREAT!**

**Good goal:** Get healthy!

**Good goal:** \_\_\_\_\_

### **gaugable**

How can you measure your progress toward this goal? Try something like:

- My clothes will fit better
- I will lose 10 lbs
- I will keep a food log
- I will be able to run faster and reduce my mile time

### **relevant**

A goal means nothing if it means nothing to you! What is your "why" for this goal?

Try something like:

- I want to feel more confident
- I want to play with my grandchildren
- I want to reduce my risk for chronic disease
- I want to run a 5k with my daughter

### **exact**

Make your goal as specific and focused as possible so you know exactly what you're working toward. Try something like:

- I will work with a personal trainer to lose 10 lbs
- I will attend 2 group fitness classes a week
- I will eat 5 servings of vegetables a day
- I will download and follow Couch to 5K app

### **achievable**

Set a realistic goal that challenges you but is achievable based on your knowledge, resources and timeframe. Try something like:

- I have a year to complete my goal
- I have a gym membership
- I will use MyPlate.gov to learn about healthy eating
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### **time-bound**

Set a target date to reach your goal so you have a deadline to keep yourself on track.

Try something like:

- I will fit into my old dress at my son's wedding
- I will lose 10 lbs in 6 months
- I will reduce my cholesterol by November
- I will run a 5k by the end of July

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### **gaugable**

How will you measure your progress toward your goal?

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### **relevant**

Why is this goal important for you to achieve?

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### **exact**

Make your goal as specific and focused as possible so you know exactly what you're working toward.

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### **achievable**

What knowledge and resources do you have that make this a realistic goal?

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### **time-bound**

By when will you reach your goal?

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