



# A. S.M.A.R.T. HEALTHY GOAL

BE S.M.A.R.T. FOR SUCCESS

**A.** ACCOUNTABILITY

**S.** SPECIFIC

**M.** MEASURABLE

**A.** ATTAINABLE

**R.** RELEVANT

**T.** TIME FRAME

## HOW S.M.A.R.T. WORKS

The acronym S.M.A.R.T. is used to keep you and your goal on track for success.

**THE "S" STANDS FOR SPECIFIC.** Don't choose a general weight loss goal because then you won't have a finish line. Choose something specific such as "I want to lose 15 pounds" not "I want to start losing weight."

**THE "M" STANDS FOR MEASURABLE.** You want to be able to measure the goal. After a few weeks of the lifestyle change, weigh yourself to check your progress. Being able to measure progress will confirm what may or may not be working in order to meet your goal.

**THE "A" STANDS FOR ATTAINABLE.** Attainable goals means realistic goals. Do not choose to lose 2 pounds because it's something that can probably do in a couple days. Don't choose to lose something unattainable such as 100 pounds if it will cause you to be at an unhealthy weight. An attainable and realistic goal is good because it is something to shoot for and is somewhat challenging, but you are setting yourself up for success.

**THE "R" STANDS FOR RELEVANT.** Losing weight has to be relevant to the individual in order for it to be successful. Such things as family history of heart disease and heart attack can make the loss relevant.

**THE "T" STANDS FOR TIME FRAME.** Put a time frame on your loss. Use your choices for S, M, and A to help determine an appropriate time frame. The goal is to lose weight incrementally, not feel like you is starving yourself.

**PUT AN "A" BEFORE THE SMART.** By having A SMART goal, you are holding yourself accountable. Once you've created a goal, tell someone. Someone who has your best interest at heart and that can help encourage you along the way.



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