

SMART Goals for Keeping Healthy

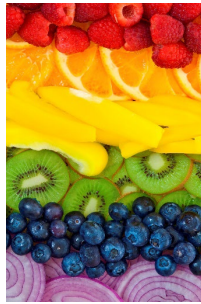
We believe it is important for you to have **SMART** goals for improving your health. This will help you be successful in taking better care of yourself.

SMART means: **S**pecific **M**easurable **A**ction-oriented **R**ealistic **T**ime-limited

Create some SMART goals in these 3 areas:



Physical activity



Healthy diet



Medicines

How do I set a SMART goal?

Specific: Make your goal specific

Instead of “I will walk more. I will eat more vegetables,” say this: “I’ll walk for 20 minutes, 3 times a week,” or “I will eat one vegetable at each meal.”

Measurable: How will you measure your progress?

To decide this, ask yourself questions such as “How many glasses of water will I drink every day? I will drink 6 glasses of water every day.” Use a number.

Action-oriented: Your goal should have an action attached to it

Instead of “I should drink less soda,” say this: “I will substitute one glass of water for one can of soda during the day.”

Realistic: Can you really do this? Make it doable

Instead of “I will lose 40 pounds in one month,” or “I’ll go to the gym everyday” say this: “I will lose 1 pound a week,” or “I’ll go to the gym for 30 min/day, 3x/week.” This is perfectly attainable. Also, to be realistic, a goal must be something you are willing to do and able to do.

Time-limited: Your goal should always include a time frame in which you want to accomplish

Say this: “I will keep track of my blood glucose levels or how often I move my body for the month of May.”

1 of 2

To Learn More

- Endocrinology - 206-987-2640
- Ask your child’s healthcare provider
- seattlechildrens.org/patient-education

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children’s
HOSPITAL • RESEARCH • FOUNDATION

SMART Goals for Keeping Healthy

SMART goal examples

I will do **what**, **how often**, **for how long**?

Physical activity:

- I will take the stairs rather than the elevator every time I visit a building.
 - I will walk 20 minutes a day, 3 times a week.
 - I will reduce my TV/gaming time by 30 minutes every day for 1 week.
 - I will _____
-

Healthy diet:

- We will eat dinner together 3 days per week.
 - We will not eat dinner in front of the TV 3 days this week, on _____, _____ and _____.
 - I will eat at least one vegetable at every dinner for 1 week.
 - I will _____
-

Medicine:

- I will bring my medicine list to my next planned medical visit and review it with my doctor.
 - I will buy a daily pill box organizer, put my pills in it and keep track of (write down in a log) what I take every day.
 - I will ask my pharmacist for my prescription history every 3 months and review it with my doctor.
 - I will _____
-

Print names

Child/parent

Healthcare provider

Signatures

Child/parent

Healthcare provider

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

© 2024 Seattle Children's, Seattle, Washington. All rights reserved.

3/24
PE1460