Learn how to set healthy eating and activity goals that you can keep.

Make it SMART

- **Specific**: What exactly do you want to change?
- **Measurable**: How will you know it has changed?
- **Achievable**: Can it be done in your time frame?
- **Realistic**: Do you have the resources available?
- **Time-sensitive**: What is the deadline?

What Goals Would You Like to Set?

Examples:

- **Be more physically active**: “I will take a walk with my family every evening.” or “I’m going to take group fitness classes each week with my friend so we can get in shape and stay motivated together.”

- **Decrease intake of sweetened beverages**: “Instead of buying a soda, I will fill a water bottle with water.”

- **Limit screen time**: “Instead of watching TV after dinner, I will go for a walk.”

- **Revamp meals**: “Instead of buying lunch everyday, I will prepare meals on Sunday for the week ahead.”