



Choose 1-2 SMART Nutrition Goals to work on.

Work on these goals for **2 to 3 weeks** and track how you do every day.

Once you feel you have a good handle on this goal try adding another goal to work on for the next few weeks. Use the SMART standards below to make an achievable goal.

Contact Caroline if you are having trouble getting on track or need help making your next goal clazur@capitalhealth.org or (609)-537-6703

Goal Setting is the best way to break habits and make healthy new habits for a life time! Use goal setting to prepare for your surgery and after surgery to be the most successful!

Set SMART goals to decrease calories in your diet and/or increase physical activity

What can you do to eat or drink fewer calories or get more activity?

Examples: "I will have low-fat milk with my cereal every day this week." "Every day this week I will walk briskly for at least 15 minutes."

Write them down:

Your Goal(s):

1.

2.

SMART stands for:

Specific: There are specific actions to take to reach the goal.

Measurable: You know how much to do and when the goal has been achieved.

Action-oriented: You need to take action to achieve your goal(s).

Realistic: The goal is practical, given your resources and time.

Time-based: There is a specific time frame to achieve the goal.

Example: "I will walk up the stairs (*Specific, Realistic, and Action-oriented*), once daily (*Measurable*) for the next month (*Time-based*)."

• Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

• **Stephen A. Brennan**