

The S.M.A.R.T System

Example (taken from section one):

“On June 1st I feel strong and full of energy at 140lbs by counting calories, eating smaller, healthier portions and by walking or swimming for 30 minutes four times a week.”

Goals	Specific	Measurable	Attainable	Relevant	Timely	How
Ex: To weigh 140lbs (currently 180lbs)	Feel strong and energetic	To lose forty pounds	Yes, Wendy looks at her schedule, preferences, etc. and decides this is doable.	Yes, Wendy wants to feel stronger, healthier, and more energetic.	Yes, Wendy plans to lose 2 pounds per week for the next 5 months.	Counting calories, eating smaller, healthier portions, walking/swimming 30 minutes 4x/wk.