

# S.M.A.R.T. Goal Worksheet

## To do for the week:

- I will record everything I eat and drink every day.
- I will keep track of when I am active.

Goals for the period from: \_\_\_\_\_ to \_\_\_\_\_

## Healthy Eating

Goal #1: \_\_\_\_\_ as evidenced by \_\_\_\_\_  
and I will reward myself by \_\_\_\_\_.

## Physical Activity

Goal #1: \_\_\_\_\_ as evidenced by \_\_\_\_\_  
and I will reward myself by \_\_\_\_\_.

## To attain these goals, I will (check all that apply):

- Keep a record of my eating and physical activity habits.
- Ask for assistance (describe) \_\_\_\_\_ from \_\_\_\_\_.
- Turn negative thoughts about my diet and physical activity into positive ones.
- Plan strategies ahead of time for getting around situations that might knock me off track with my healthy eating or physical activity
- Get back on track quickly if I lapse.
- Other \_\_\_\_\_

I agree to implement these plans to the best of my ability.

Client: \_\_\_\_\_ Date: \_\_\_\_\_