

Worksheet 2.2a

Lifestyle Diary – SMART Goals



It is important to understand that everyone has different levels of fitness and interests. Because of this, we will all have different goals. As a class it is important that we are respectful and supportive of our peers' goals.

What are SMART goals?

The SMART goals way to set goals was made by George T. Doran in 1981. "SMART" stands for:

- **Specific:** This means your goal should be clear. You need to know exactly what you want to do, who is involved, when and where it will happen, and why it's important.
- **Measurable:** You should be able to check your progress. This means setting small steps or targets to see how close you are to reaching your goal.
- **Achievable:** Your goal should be something you can really do. Think about whether you have what you need to make it happen and, if not, what you need to get to do it.
- **Relevant:** The goal should be closely linked to something else you would like to achieve. For example, if you are working towards competing in a race, a relevant goal is to run a certain distance within a certain time.
- **Time-bound:** Your goal should have a deadline. You need to know when you want to finish it and set dates for your progress along the way.



SMART goals help make sure your goal is clear and possible to reach.

Answer each of the questions below after reading the information on SMART goals:

1 a What does "S" in SMART stand for?

b Why is it important for a goal to be time-bound?

c What does "measurable" mean in SMART goals?

d Why is it important for a goal to be achievable?

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My exercise SMART goals

2. Using your learning from Lesson 1 and Lesson 2, write your own SMART goal relating to exercise in the table below:



| | |
|------------|--|
| Specific | |
| Measurable | |
| Achievable | |
| Relevant | |
| Time-bound | |

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My healthy nutrition SMART goals

3. Using your learning from Lesson 1 and Lesson 2, write your own SMART goal relating to healthy nutrition in the table below:



| | |
|------------|--|
| Specific | |
| Measurable | |
| Achievable | |
| Relevant | |
| Time-bound | |