



# My SMART HEALTH ACTION PLAN

**G**ood health doesn't just happen. It is the result of healthy living each day. Think about where you would like to make changes in your life. Then follow these three simple steps to create your **SMART Health Action Plan**.

**1** List areas that you would like to improve.

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Select the one area you are most interested in improving and most likely to complete.

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**2** Write a SMART goal for achieving this.  
SMART Goals are...

**Specific**.....Be specific in what you want to accomplish and the action steps you will take.

**Measurable**.....If you can't measure it, you can't manage it.

**Action-oriented**.....Select an action for your goal – identify what you will **do** to reach your goal.

**Reasonable**.....Set goals you can realistically accomplish in a few weeks or months.

**Timeline-based**.....Set time expectations. Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

**Examples:** If you are interested in fitness, instead of saying, "I want to be more active," write...

- **Specific:** I will start with 20 minutes of moderate activity, 3 days every week.
- **Measurable:** I will log my activity each day I exercise.
- **Action-oriented:** I can add 20 minutes of activity just by riding my bike to and from work each day.
- **Reasonable:** I will enlist the support of my neighbor as an exercise buddy.
- **Timeline:** After 8 weeks, I'll reevaluate my goals and adjust as needed to meet my long-term goal of 3 hours of exercise per week.

## 3 My SMART Personal Health Action Plan

**Specific:**

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**Measurable:**

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**Action-oriented:**

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**Reasonable:**

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**Timeline:**

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