



# No Weight Gain Contest 2015-16

## SETTING S.M.A.R.T. GOALS

Setting a “S.M.A.R.T.” goal is the number one way to set yourself up for successful New Year’s Resolution. It is important to make sure your goal is realistic – a small, achievable goal is a great start, in which you can build upon later. If you get goals that are too unrealistic it is difficult to keep them. Each goal you set should be:

**Specific** - Your goal should be clear and easy to understand.

- A common goal, “get healthy,” is too general. There are so many ways to get healthy. How do you want to do it? Is it losing weight? Start exercising? Stop smoking? Break it down and it will be easier to manage.
- Let’s pick weight loss and make a SMART goal out of it together. For example, “I will lose weight.”

**Measurable** - A goal to “lose weight” is not enough. How will you track your progress and how you will know when you have reached your goal? Making your goal measurable means adding a number.

**Attainable** - Before you can add a number, you have to know how high or low you want to go. It’s good to ‘shoot for the stars’, but don’t be too extreme. Likewise, a goal that is too easy is also not very motivating. Only you know your limits.

- Let’s take our goal above. What percentage is attainable for you? Research suggests that a 5-10% weight loss is attainable for most overweight people.
- A measurable, attainable goal could be, “I will lose 7% of my body weight.”

**Relevant** - Set goals that are important to where you are in your life right now. Don’t set a goal that someone else is pressuring you to attain-that isn’t very motivating.

- Examine our goal so far. Does it seem relevant to you? If so, let’s keep going. If you are not concerned about weight loss or this is not a good time in your life to focus on that, choose something that IS motivating to you.

**Timely** - Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly. For our example we can use 3 months. “I will lose 7% of my body weight in 3 months.”

Becoming a better version of you starts by being SMART!

