

Lifestyle Medicine Clinic at Mass General Cancer Center Waltham

SMART goals provide you with guidance, direction, and focus as you proceed on your wellness journey.

NOT a SMART goal: *I should exercise more.*

SMART goal: I will walk for 30 minutes this week on Monday, Wednesday and Friday morning before my family gets up in the morning.

S.M.A.R.T. Goal Setting

Specific

→ Type/time/when/where

Measurable

→ How you track it

Achievable

→ 0-10 scale, how likely are you to do it?

Realistic

→ Relate the activity to your wellness vision

Time-bound

→ When you want to accomplish this goal

What's your SMART goal?