

# eat real food



## Goal Setting

- S - Specific: state the goal so the exact result is understood.
- M- Measureable: state the goal so your success can be measured.
- A- Action-oriented: state a goal that promotes you taking an action to accomplish it, or extinguishing a negative action to accomplish it.
- R- Realistic: choose a goal that can truly be attained.
- T- Timed: set an appropriate deadline for meeting your goal.

### Setting Personal Health Goals

Pick one short-term goal that you plan to accomplish over the next week, then pick one long-term goal you plan to accomplish over the next 5 weeks. Complete the S.M.A.R.T. goal process for each of the five goals. Keep in mind the actions that need to be taken or eliminated in order to achieve your goal. When you are done, sign and date your goal sheet. By signing and dating, you are making the commitment to achieve your goal.

Goal: Week 1

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

Goal: Week 2

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

Goal: Week 3

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

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# cleanse

Goal: Week 4

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

Goal: Week 5

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

Goal: Week 6

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_

Goal: Next 12 weeks

S: \_\_\_\_\_  
M: \_\_\_\_\_  
A: \_\_\_\_\_  
R: \_\_\_\_\_  
T: \_\_\_\_\_