

My SMART HEALTH ACTION PLAN



Good health doesn't just happen. It is the result of healthy living each day. Review your Personal Wellness Profile™ to determine where you would like to make changes in your life. Then follow these three simple steps in designing your **SMART Health Action Plan**.

1 List areas in which you would like to see improvement.

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

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.

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

- **Specific:** I will get 20-30 minutes of moderate activity, 3-5 days every week.
- **Measurable:** I will log my activity each day I exercise.
- **Action-oriented:** I will add 120 minutes of activity per week 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 (continue on back if needed)

Specific: _____

Measurable: _____

Action-oriented: _____

Reasonable: _____

Timeline: _____

Tips to help you reach your goals

1. **Focus on one goal at a time.** Taking on too much can be overwhelming, leading to failure.
2. **Pick something you are ready to tackle** and have a genuine desire to improve.
3. **Start with small steps.** Set goals that challenge you but that you are confident you can accomplish.
4. **Take a class or join a support group or participate in a wellness challenge** for added knowledge, motivation, and support.
5. **Log your progress daily.** It helps keep you on track – and seeing progress is motivating!
6. **Reevaluate your progress often.** Do more of what is working. If something isn't working, try a new approach. Don't give up!
7. **Set new goals quarterly.** Tackle other areas of your life you want to change.
8. **Be optimistic.** Think positively. You can do it!

Commitment. I am committed to **making healthy choices** to improve my life.
To the best of my ability I will follow my action plan as described above.

Signature _____ Witness _____