

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.
- Attainable**..... Set goals you can realistically accomplish in a few weeks or months.
- Rewarded** Reward yourself when you reach your goal. Have something to look forward to.
- 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 daily activity and accumulate 120+ minutes of activity per week.
- **Attainable:** I will enlist the support of my neighbor as an exercise buddy.
- **Reward:** If I meet my goal for 6 weeks, I will treat myself to a relaxing massage.
- **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: _____

Attainable: _____

Reward: _____

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 _____