

WEEKLY HEALTHY SMART GOAL TRACKER

DATES: _____

- **Specific:** Say exactly what you will do.
- **Measurable:** Add a number to track, for example: stating how much or how many?
- **Attainable (and Achievable):** Small enough to fit your time, budget, and energy.
- **Relevant (and Realistic):** Helps your current health needs and is doable.
- **Time Bound:** Has a clear schedule, including a start and an end date

Example SMART Goals:

- 1) Starting Monday, I will add 2 vegetables to every dinner for the next 1 week.
- 2) I will walk for 15 minutes during my lunch break on Tues & Thurs of next week.

Write your SMART Goal(s) in the white box(es) below.

Check off the white dot under each day, as you meet your goal.

MON TUES WED THURS FRI SAT SUN

SMART
GOAL #1



SMART
GOAL #2



Reflect on your week.

How did it go? What went well?

Did you encounter any challenges?
If so, how might you overcome them?

How might you change your plan
to work better for you next week?