

**S**pecific

**M**easurable

**A**chievable

**R**ealistic

**T**imed

*Example: I will walk 10,000 steps every day for the next 4 weeks.*

**Specific** by stating activity, **measurable** by stating number of steps and number of days, **achievable and realistic** as it can fit into my lifestyle and I like to walk but more than my current activity levels, **timed** by stating a timeline.

What do you want to achieve? (long term)

How are you going to achieve this? (SMART goal)

### Making your goal a habit

Once you have established your goal, you can turn it into a habit by thinking of the how we will carry out your goal by considering a time and place to do it then repeat until it becomes a habit.

*Example goal and habit: I will walk 10,000 steps every day for the next 4 weeks by walking around the park after dinner.*

How will you make your SMART goal a habit?