Developing S.M.A.R.T. Goals / Goal Objectives / Barriers & Obstacles

**Developing S.M.A.R.T. Goals:** If you want to change any aspect of a habit/behavior, it is not enough to say, “I want to change XYZ”. We need to write it down, and using the S.M.A.R.T. format is one of the best ways to put your goal on paper. The acronym S.M.A.R.T. refers to all goals being Specific, Measurable, Action-oriented, Realistic, Timely or on a Timeline.

**Goal-Setting the “S.M.A.R.T.” Way**

- **Specific** = What exactly do you want to accomplish? Identify a very specific goal that you have for some area of physical activity (behavioral or performance).
- **Measurable** = How will you establish if you’ve met the goal?
- **Action-Oriented** = What are you going to do?
- **Realistic** = Is the goal achievable for you?
- **Timeline** = When will you meet your goal and when will you re-evaluate to see if you’ve met the goal?

Develop a short-term goal (less than 3 months) related to your health and fitness goals.

**S:** My goal is to:

_____________________________________________________

**M:** (How can you measure the above statement to know if you’ve achieved it?)

_____________________________________________________

**A:** (What will you do to meet goal?)

_____________________________________________________

**R:** (Is this goal realistically achievable for you and why?)

_____________________________________________________

**T:** (What date do you project you will you meet this goal?)

_____________________________________________________

**Justify your goal:** Why do you want to accomplish this?

_____________________________________________________

_____________________________________________________
**Developing Goal Objective Statements:** In developing goal objective statements, you will further break down the short-term goal into weekly objectives, or mini goals that may be needed (or helpful) in order to help you accomplish your S.M.A.R.T. goal. In looking at the short-term goal above, in order for you to find 30 minutes to jog, you may first have to get up 30 minutes earlier. In order to that, you may have to go to bed 30 minutes earlier. What if jogging for 30 minutes is too much time to start with? Starting with 10 minutes, and increasing the time by 10 minutes a week, may be a better way to help you reach your goal of increased aerobic fitness.

Your objective statements should be short and precise. For the example above, three statements may be: 1) Go to bed at 11:30 instead of midnight the nights before I jog; 2) get up at 7:30 instead of 8 on the days I jog; 3) jog for 10 minutes, from 8:00 to 8:10.

**Short-term goal:**
______________________________________________________________
______________________________________________________________________________
 Objective Statement:___________________________________________________________
 Objective Statement:___________________________________________________________
 Objective Statement:___________________________________________________________

**Barriers and Obstacles:** Identify at least three barriers or obstacles that may prevent you from reaching your goal and suggest strategies to overcome these barriers.

**Possible barriers/obstacle:**
______________________________________________________________
______________________________________________________________________________

Strategy to overcome:__________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Strategy to overcome:__________________________________________________________
______________________________________________________________________________