

Create A S.M.A.R.T. Plan to Move More

It's critical to have a plan before you take action to move more. There are five requirements for a S.M.A.R.T. plan. It must be:

Specific

Set a concrete goal that addresses specific behaviors and results you want. What do you want to have happen?

Example: "I will be able to walk briskly for a total of 15 minutes for at least three days this week."

Measurable

You must be able to tell when you have accomplished your goal. How will you know? When do you want it to happen?

Achievable

Is your goal achievable? In other words, can you realistically do this? Does it fit into your daily routine? Is it something you like to do? Do you have support from your family?

Rewarding

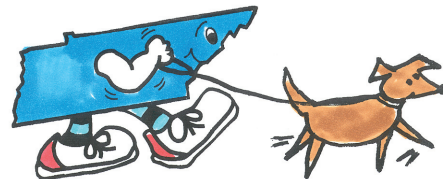
How will you reward yourself when you achieve your goal?

Example: "Everyday that I accumulate 15 minutes of activity, I will take a bubble bath. When I can walk a mile in less than 20 minutes, I will go see a movie with my spouse or friend."

Trackable

How will you keep track of your progress?

Example: "My daily exercise log will help me track my progress."



Move More Contract

I _____ set the following **SPECIFIC** and **MEASURABLE** goal for myself:

My goal is **ACHIEVABLE** because: _____

I will give myself the following **REWARDS** when I'm successful at reaching this goal (list reward and milestone): _____

I will keep **TRACK** of my progress in the following way: _____

Signed: _____ Date: _____

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