

Setting a S.M.A.R.T Goal

YOUR GOAL MUST BE:	AVOID SAYING:	INSTEAD, SAY:
<u>S</u>PECIFIC		
Be as specific as possible.	▶ "I'll walk more."	"I'll walk two times a week for 20 minutes at a speed that will leave me short of breath."
<u>M</u>EASURABLE		
Think of a way to track your progress.	▶ "I'll manage my diabetes better."	"I'll upload and analyze the data from my CGM every two weeks."
<u>A</u>CHIEVABLE		
Set a goal you'll be able to reach.	▶ "I'll go to the gym five days a week" (when I currently don't go at all)	"I'll start by going to the gym once a week, for 45 minutes."
<u>R</u>EALISTIC		
Make sure you'll be able to reach the goal in your current context.	▶ "I'll stop having hypoglycemic episodes."	"During the next week, I'll adjust my insulin dose at lunch to prevent hypoglycemic episodes in the afternoon."
<u>T</u>IME-BOUND		
Set a short-term deadline for reaching your goal.	▶ "I'll eat more vegetables."	"By the end of the month, I'll be eating vegetables at least once a day."

What's your goal?

Write down your goal:

Answer the following questions to clarify your goal.

- Is it specific?

Yes No

- How will you measure it?

- Can you achieve this goal?

Yes No

- Is it realistic?

Yes No

- How much time do you give yourself to achieve it?
