

“SMART” Goals to LiveLifeWell Every Day

LiveLifeWell

Somebody once said the difference between a wish and a goal is a written plan. Use this LiveLifeWell Tip Sheet to write down your health-related goals and track your progress toward reaching them.

Get “SMART”

You can increase your chances of success by setting goals that are “SMART”:

- S Specific.** For example, “I will improve my diet by eating five servings of fruits and vegetables every day for the next four weeks” is more concrete than “I will eat better.”
- M Measurable.** You can keep track of your efforts with a goal like “I will meditate for 15 minutes each day” more easily than with a goal of “I will be less stressed out.”
- A Attainable.** If you’re just starting a fitness program, “I will walk 30 minutes a day, five times a week, for three months” is a goal you can reach. “I will run a marathon next month” is a goal that’s much less attainable in the short term.
- R Realistic.** Identify the real-world daily success steps you can take to reach your ultimate target. For example, if your goal is to lower your blood pressure to a normal reading, the daily steps might include “Go to my exercise class,” “Drink eight glasses of water” and “Avoid high-sodium foods.”
- T Timely.** “I will quit smoking by my next birthday” gives you a definitive timeframe, unlike “I will quit smoking”...and having a target date or time period can give you the motivation to get started today.

Get Help

Whether your LiveLifeWell goals are in the areas of fitness, nutrition, stress reduction, stopping smoking or managing an ongoing health condition Abbott provides resources to help you reach your objectives. Be sure to check out online tools for building and tracking personalized plans at iLiveLifeWell.com (click on “Make Plans”).

Get Started

1. Each week, print and cut out the sheet below.
2. Then write your overall goal (e.g., “Lose 10% of my body weight by the end of the year”) and your daily success steps (e.g., “Walk the dog for 20 minutes” or “Pack a healthy lunch”) in the spaces provided.
3. Next, you can tape the paper to your computer or bathroom mirror—or anywhere you’ll look at it daily.
4. Finally, record your progress each day by circling “Y” on the days you complete your success steps, or “N” on the days you don’t. At the end of the week, review the results. By tracking your progress over time, you can turn personal goals into personal achievements!

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My Overall LiveLifeWell Goal _____

Week of: _____	SUN	MON	TUE	WED	THU	FRI	SAT
Daily Success Step #1:	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Daily Success Step #2:	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Daily Success Step #3:	Y N	Y N	Y N	Y N	Y N	Y N	Y N