

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

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

## 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?

---

---