

March 20,
2014

SMART Goals

take those vague ideas and
transform them into reality

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Mark Fink: Assistant Fitness Director

Thursday, March 20, 2014

Campus Life Center Quiet Room

1

12:00-12:30 p.m.

SMART Goals:

- Doran, G. T. (1981). There's a S.M.A.R.T. way to write management's goals and objectives. *Management Review*, Volume 70, Issue 11 (AMA FORUM), pp. 35-36.
- **Specific:** Expectation is clearly written so that it is easily understood
- **Measurable:** Covers at least one measure of a quality metric, quantity, time and/or cost effectiveness
 - *Self-monitor progress*
- **Attainable:** Within the person's ability and resources to achieve
 - *Challenging enough to ensure growth*
- **Realistic:** Is within in reach; You are willing and able to achieve
 - *Everything else considered: time commitment, resources available, etc*
- **Time Bound:** Accomplished within a specified time frame

Adaptations:

- **SMART**

- **Relevant:** Relevant or pertinent to your particular interests, needs and abilities
 - *Don't force yourself to make it something you dislike*

- **SMARTRR** (Xavier University, 2012)

- **Review and Adjust:** Periodic review of goals, adjust as needed
 - *Initial goal was too aggressive or mild?*
 - *Add additional goals upon achievement*
- **Rejoice Achievement:** Acknowledge and celebrate achievements

Case Study:

Dr. says I am pre-diabetic and can lower my risk of diabetes if I lose about 15 lbs. Dr. suggests I modify my dietary and exercise habits.

Motivation: Lowering my risk of diabetes

Goal: Lose about 15 lbs

Dietary

Eat Healthier

Eating out Fruits/Vegetables

Should I eat more or less food?

Processed foods Red meats

Starbucks Soda/Cola

Protein, Carbs, & Fats

Exercise

Join a gym **When?**

Which gym?

Exercise more often

How often? How long?

When? What exercises?

Walking Jogging Strength

Swimming Cardio Classes??

How can I hold myself accountable? When do I reach my goal?

Case Study:

Dr. says I am pre-diabetic and can lower my risk of diabetes if I lose about 15 lbs. Dr. suggests I modify my dietary and exercise habits.

Motivation: Lowering my risk of diabetes

Specific Goal: Modify dietary and exercise habits to lose at least 0.75 lbs per week; totaling a minimum of 15 lbs by my next doctor's appointment on November 12th.

Measurable: 15 lbs (*self-monitoring: 0.75 lbs per week*)

Attainable: 2.5 lbs per month (0.75 lb per week)

Realistic: With better time management skills, yes!

Time Bound: November 12th

Case Study:

Specific Goal: Modify dietary and exercise habits to lose at least 0.75 lbs per week; totaling a minimum of 15 lbs by my next doctor's appointment on November 12th.

Dietary

Week 1

- **Goal:** Meet with Katie Howe by to determine areas in which I can improve my nutrition

Week 2

- **Goal:** Begin practicing at least one of the nutritional habits Katie Howe assigned me

Week 3

- **Goal:** In addition to those practiced last week, begin practicing at least one more of the nutritional habits assigned by Katie Howe

Exercise

Week 1

- **Goal:** Join the USC Upstate Wellness Center by May 15th

Week 2

- **Goal:** Complete 30 min of moderate intensity cardio at least once
Moderate Intensity = HR 120-135 bpm

Week 3 & 4

- **Goal:** Complete 30 min of moderate intensity cardio at least twice

Week 5 - 8

- **Goal:** Complete 30 min of moderate intensity cardio at least three times

Case Study:

Specific Goal: Modify dietary and exercise habits to lose at least 0.75 lbs per week; totaling a minimum of 15 lbs by my next doctor's appointment on November 12th.

Review and Adjust:

- Initial goal was too aggressive or mild?
 - Weekly weigh-ins

Rejoice Achievement:

- Acknowledge and celebrate achievements

Time to design more SMART(RR) goals!

Questions?

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