S.M.A.R.T. Goal Worksheet

To do for the week:

☐ I will record everything I eat and drink every day.
☐ I will keep track of when I am active.

Goals for the period from: ___________________________ to ___________________________

Healthy Eating

Goal #1: ___________________________ as evidenced by ___________________________
and I will reward myself by ___________________________.

Physical Activity

Goal #1: ___________________________ as evidenced by ___________________________
and I will reward myself by ___________________________.

To attain these goals, I will (check all that apply):

☐ Keep a record of my eating and physical activity habits.
☐ Ask for assistance (describe) ___________________________ from ___________________________.
☐ Turn negative thoughts about my diet and physical activity into positive ones.
☐ Plan strategies ahead of time for getting around situations that might knock me off track with my healthy eating or physical activity
☐ Get back on track quickly if I lapse.
☐ Other ___________________________

I agree to implement these plans to the best of my ability.

Client: ___________________________ Date: ___________________________