

# GOAL WORKSHEET

(SAMPLE ONLY)

## MY (SMART) GOAL

Achieve then maintain a healthy weight or BMI of 25%  
by September 1st 2022 (210lbs).

REMEMBER: Outcome SMART - Specific, Measurable, Achievable, Realistic, Timed.  
Process SMART - Specific, Meaningful, Activity, Realistic, Try It

**Why? Which value(s) does this tie to?**

Respect (including myself), Family, Lifelong service

I want to remain viable and active until I die if at all possible, hard to do when you are obese.

**What are likely reinforcing and balancing forces? Be specific.**

1. I love sweets and my work is sedentary.
2. BMI of 25% is 210 pounds, that feels extreme given I have not weighed that in 30 years.
3. My spouse wants a healthy weight as well and we can support each other.

**What will I do (effort)? How will I deal with the balancing forces? Be specific.**

- Get 10,000 steps a day minimum.
- No sweets Monday-Friday
- Fast food limit once per week.
- Plan my dinners for the week.
- 5 fruits or vegetables daily
- Stop eating when I am 80% full.
- Eat only when I am hungry (avoid stress eating)
- Don't keep "junk" food in the house - I have to go out to get it if I want it.
- Stretch after walks and before bed.



**How often will I get feedback? Who can help, do I have a goal buddy or other social support?**

My spouse will help me stay on track.

I will note weight and steps daily on calendar.

Journal at least once a week - new habit for me. I will do this on Sunday evening as I am planning my week which I do anyway.

**Where and when will I note progress, learning, and my feelings/concerns?**

**(calendar/goal journal/other)**

Steps - my watch tracks those daily. If it looks like I will be short, I will take the dog out again. Park in the Blue Zones parking spots at stores.

Plan meals with my spouse on Sunday evening, including fruits and vegetables. Put on calendar.

Put sign on Fridge - 80% = Stop. I have Tupperware, use them.

I will journal at least once per week.

Note weight daily on calendar (ugh!).

Enlist my PCP to get BMI update every 6 months.

**How long will I keep this up? This could be a goal deadline for an outcome goal or a sustainable habit for a process goal.**

This is a lifelong goal, so I have to develop these habits. I used to drink whole milk, learned to drink 2%, then 1%, and now only drink skim - I can develop new habits and have proven it. It's January, so I get 9 months to reach my goal BMI after which it should be pretty easy to sustain with my new habits.

**How will I celebrate my progress?**

I am not good at this, I don't know. Perhaps this will help me save money and I could take some of that at key milestones and make a fun dinner to share with friends and celebrate (I like to cook) with fruit as a dessert.



**What does success look like, feel like, sound like?**

It feels like I can bend over and cut my toenails without undue strain. My 38 pants fit comfortably. I don't look like a body builder but have strength to be of service in physical activities and enjoy being active outdoors. I feel like I am in control of this basic part of life and not on the strings of the restaurants, junk food purveyors, and my own poor eating and activity habits.

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*This is a sample only. It reflects one person's experience with the goal setting process and the material in the book. You can see that it is individual, there is no standard or correct goal or process. The key is that it gets you to think about something that is important to you. The earlier principles prepare foundations and increase likelihood of success, then planning and working goals solidify a process of living more intentionally as the captain of your own life.*

