

## SMART GOAL SETTING

### Ready to take a step towards a healthier you?

Setting a clear goal can help you build habits that improve your health and lower your cancer risk over time. Let's make it simple and achievable.

### What's one healthy change you'd like to make?

Maybe you want to eat more healthily, move your body more or reach a healthier weight. Whatever it is, this is your chance to turn that idea into a clear, doable goal.

### Why does this matter to you?

Understanding why you want to make a change helps you stay motivated. Is it for your health, your family or your confidence? Write it down in your own words.

### Now let's make it SMART

Setting a SMART goal helps you focus on one clear action, so achieving your bigger health goal feels less overwhelming and easier to stick to over time.

**SMART** stands for:






- **Specific** – Choose one clear habit or action to focus on
- **Measurable** – Make sure you can tell if you've done it
- **Attainable** – Pick something realistic for you right now
- **Relevant** – Make sure it matters to your health and your bigger health goals
- **Time-bound** – Decide when you'll do it and when you'll check in on your progress

A SMART goal helps you move from broad intentions like "I want to eat more healthily" to something you can actually do and track.

For example: "I want to eat more healthily" → "I'll aim to eat two portions of veg with my dinner". Notice how this turns a broad goal into a small, doable action you can track.

Use the template below for one task you want to start that will help you move toward your bigger health goal. Remember, each new action towards the bigger health goal gets its own template.

Fill out the SMART goal setting template:

 <b>S</b> <b>SPECIFIC</b>	<p><b>What exactly will you do? When and how often?</b></p> <p><i>Think: What, when, where and how? Picture exactly where and how you'll do it.</i></p> <p><b>Example:</b> "I'll do 15 minutes of dancing in my living room after dinner on Wednesdays and Fridays."</p>	
 <b>M</b> <b>MEASURABLE</b>	<p><b>How will you know you've done it?</b></p> <p><i>Think: Can you count it, tick it off or track it?</i></p> <p><b>Example:</b> "I'll keep a weekly checklist to mark off each day I drink water instead of a soft drink."</p>	
 <b>A</b> <b>ATTAINABLE</b>	<p><b>Is this goal realistic for you right now?</b></p> <p><i>Think: Start small and build up. What might help you stick to it?</i></p> <p><b>Example:</b> "If I want, I can walk with a friend to make it more enjoyable."</p>	
 <b>R</b> <b>RELEVANT</b>	<p><b>Why does this goal matter to you?</b></p> <p><i>Think: Does it help you feel better, have more energy or fit your lifestyle?</i></p> <p><b>Example:</b> "I want to feel less tired in the mornings, so I'll go to bed 30 minutes earlier."</p>	
 <b>T</b> <b>TIME-BOUND</b>	<p><b>When will you check in on your progress?</b></p> <p><i>Think: Set a start and review date – 4 to 8 weeks is a great start.</i></p> <p><b>Example:</b> "I'll stick to my goal for 4 weeks starting today, then see how I feel and adjust if needed."</p>	