

SMART GOALS IN THE *New Year*

S

Specific: Clearly define the goal you are looking to achieve

M

Measurable: Have an objective way to measure your progress - whether that's a weight # or lab results or other number or deadline.

A

Achievable: Make sure your goal is realistic and within your capabilities during this time period in your life

R

Relevant: Make sure your goal aligns with your values and long-term visions

T

Time-bound: Create a time-based plan to clarify end dates and increase prioritization

Smart Goal Example:

"I will lose 8% of my body weight by March 1st by increasing my activity level, attending my weekly office visits, and following my partial meal replacement plan."