

# Thinking about ways to improve your health isn't enough.



## Take action. Be SMART. Plan goals.

**S**pecific – Is your goal clearly stated and with details?

**M**easurable – What tools will you use to track your progress and success?

**A**ttainable – Choose goal(s) within your reach.

**R**ealistic & Relevant – Do you have the skills, the ability, and does it align with what's important to you?

**T**imely – Set a timeframe for your goal.