



Set SMART goals

3 Steps to Turn this Message into ACTION

1. Plan your physical activity goal(s).

If you are already doing at least 150 minutes of moderate-intensity aerobic physical activity a week, good for you! Aerobic activities include brisk walking, jogging, swimming, cycling, etc. If you're not, start planning now to reach this goal. Or, perhaps it's time to add some strength training to your physical activity goals

2. Use the SMART way to set your physical activity goal(s):

- **Specific:** Know what, why, and how you are going to reach your goals.
- **Measurable:** Use tools to track your success.
- **Attainable:** Choose goal(s) within your reach.
- **Realistic & Relevant:** Do you have the skills, the ability, and an OK from your doctor to reach these goals? Do you know why this goal matters to you?
- **Timely:** Set a timeframe for your goal.

3. Keep track of physical activities you do:

- Record the minutes you exercise each week or the number of steps each day on your calendar or track it using a fitness app.
- Post your goals in your calendar, on your app, or other spot you will see them. When you reach a goal, check it off.
- Share your log with your health care team.

