

Week Two:

Success Strategy – Set your Goals

S.M.A.R.T. Goal Setting

Goals should be set based upon where you want to be, not what you want to lose.

Specific – specify your cholesterol level, what size you'd like to be, what you would like to be able to accomplish, etc.

Measurable – make sure you can measure your progress (i.e. – you wouldn't want to put that your goal is to lower your cholesterol, you need to specify what you want your cholesterol level to be).

Attainable – ensure that you have the skills to attain your goal. For instance, if you have had two knee replacements, you wouldn't set a goal to run a marathon.

Realistic – everybody's body responds differently to different programs. The Biggest Loser on television may have lost 50 pounds in 3 months because they exercise 4 hours a day and have a cook (their job is to lose weight); however, this significant of a change in your body is not realistic in the real world. Safe weight loss is generally 1-2 pounds per week; speak to your doctor regarding realistic decreases in blood pressure and cholesterol.

Time sensitive – specify when you will reach your goals; if there is no time limit, you will not be held accountable to reach the goal.

Sample SMART goals:

- My goal is to fit in a size 6 dress for my daughter's wedding on November 26, 2011.
- My goal is to complete the New Orleans Rock 'n Roll half marathon on February 13, 2011.

My SMART Goals

3 month _____

Goals should be coupled with a plan of action. Your plan of action defines what you plan to do to achieve your goals. Your plan of action should also be SMART.

Sample SMART plans of action:

- I will plan my meals each week and eat according to the Go Red plan for the next 12 weeks.
- I will download a half marathon training plan and commit to training according to that plan.

My SMART Plan of Action
