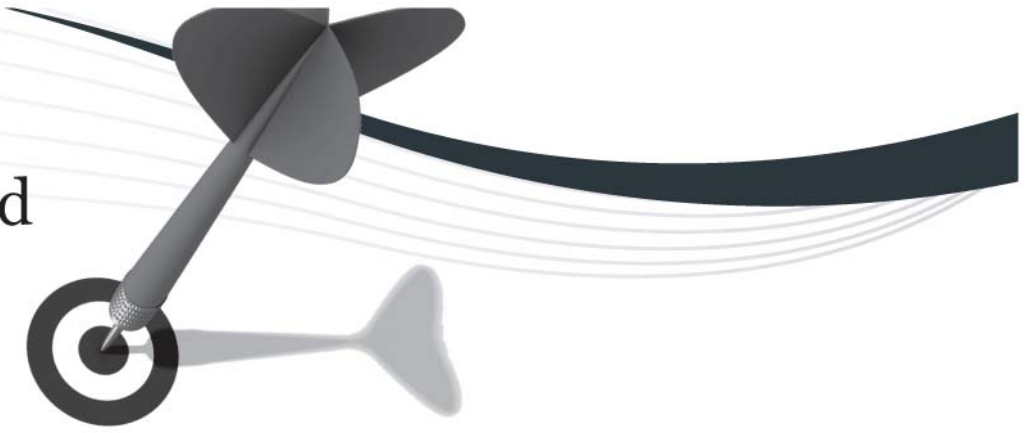


Developing a Health Vision and SMART Goals



A **Health Vision** is a statement that represents who you would like to be in the areas of health, fitness and wellness. It identifies what you would like to accomplish in the long term – in 6 months, 1 year or even 5 years from now. The purpose of a Health Vision is to inspire, energize and motivate!

Imagine you are the healthiest you can be. What would that look like?

Ask yourself the following questions. What do I want to achieve? What would I like less of or more of in my life? What have I accomplished that I want to maintain? How would my life be better? What makes this important to me?

A good format to use is: I want to ... (do, achieve or become), so that I ... (reasons why it is important).

Below are some ideas to consider. Use them to help you develop a Health Vision that is meaningful to you.

I want to ...

establish healthy eating habits

monitor and maintain healthy blood pressure readings

lose and/or maintain a healthy weight

adhere to my prescribed plan of medical care

establish a regular exercise routine

reduce my cholesterol levels

establish a healthy sleep pattern

so that I ...

will be a good role model of healthy behaviors to my family

can improve my appearance and self-esteem

can decrease and manage my stress in a healthy way
will have more energy

can reduce my dependence on medication

will lower my risk of future disease

can live a long, active, satisfying life

Example Health Visions:

- *I want to establish healthy eating habits so that I can be an example for my children.*
- *I want to adhere to my prescribed plan of medical care so that I can reduce my cholesterol and lower my risk of heart disease.*

Write your own personal Health Vision based on the questions and ideas above:

My personal Health Vision is: _____

Goal Setting

Goals are action steps to help you reach your personal Health Vision. Setting goals lets you have a clear plan of what to do in order to achieve your vision and helps you measure your progress. A **SMART** goal is an effective behavior that is
S - Specific **M** - Measurable **A** - Action based **R** - Realistic **T** – Time-lined

Examples of SMART goals:

Physical Activity:

- I will walk at a brisk pace for 30 minutes per day, 5 days/wk at 6:30 p.m.
- I will do a strength training routine of 4 exercises (using free weights) daily, 2 days per week on Tuesdays and Thursdays.

Nutrition:

- I will bring a lunch to work, consisting of soup and sandwich daily, 5 days per week on Monday through Friday.
- I will eat oatmeal for breakfast daily, 4 days per week.

Stress:

- I will take a tea break at work each afternoon at 3 p.m. daily, 5 days per week.
- I will reduce my stress level from 9/10 to 5/10 by doing 10 minutes of deep breathing exercise daily, 5 days per week.

Health:

- I will record my blood pressure reading daily at 8 a.m., 7 days per week.
- I will check and record my blood sugars before and after each meal daily, 7 days per week.

Three-month goals are new behaviors that you wish to be doing consistently in three months to help you progress closer to your vision. Before your next appointment with your coach, please take some time to develop SMART goals that you would like to accomplish.

My three-month SMART goals are:

(Develop at least 1 goal)

1. _____
2. _____
3. _____

Continued on next page ...



Together you and your coach will develop goals at each session. These goals will be the small steps needed to reach your three month goals and beyond, moving you toward achieving your personal Health Vision! Use the following page to record the goals that you set with your coach.

Personal **SMART** goals:

Session 1: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 2: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 3: Date Set _____ Confidence Level _____

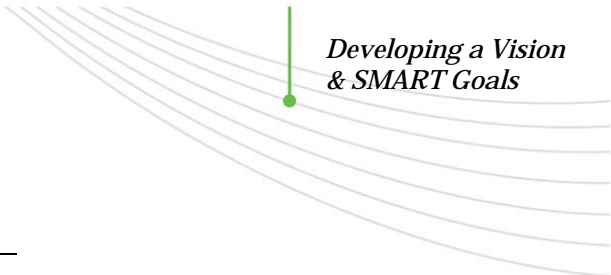
Percent of last session's goals achieved _____

Session 4: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 5: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____



Session 6: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 7: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 8: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____

Session 9: Date Set _____ Confidence Level _____

Percent of last session's goals achieved _____