

Goals:

S

SPECIFIC

M

MEASURABLE

A

ACHIEVABLE

R

RELEVANT

T

TIME-BOUND

# What is a SMART goal?

**Specific:** describe exactly what you want to do → "I will eat 3 servings of vegetables at least 5 days during the week."

**Measurable:** if you measure your progress, you can hold yourself accountable & know if you are succeeding → "I will keep a log of all the vegetables I eat each day"

**Attainable:** make sure you have the resources and time to reach your goal

**Relevant:** small goals that are important to you are more likely to have long-term success → "This is important because vegetables are good for my health."

**Time-bound:** a start date and deadline are important → "I'll do this for 1 month and then see if I should make any adjustments."

If you would like help creating a SMART goal, please email the UNLV Nutrition Center: [nutrition.center@unlv.edu](mailto:nutrition.center@unlv.edu)