

# SMART Goals for Healthy Weight

Research shows that goals for weight loss or other healthy change should be **SMART** - **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-Based.

Patients and providers can work together to set weight loss goals.

SMART Goal Criteria	Example	Your Goal
<b>S</b> pecific: What do you plan to do? When will you do it? How often?	<i>I plan to drink only water and black coffee — and no other beverages — on at least four of the next seven days.</i>	
<b>M</b> easurable: How will you track your progress?	<i>Each day that I achieve my goal, I will circle the date on my calendar before going to bed.</i>	
<b>A</b> chievable: Is this goal realistic? If not, what is more realistic?	<i>This goal seems realistic, and I believe that I can achieve it.</i>	
<b>R</b> elevant: Why is it important for you to achieve this goal?	<i>Achieving this goal can help me lose weight and improve my health, which are important to me.</i>	
<b>T</b> ime-based: How many weeks or months will you work on this goal?	<i>I plan to work on this goal for the next seven days.</i>	

Next appointment: \_\_\_\_/\_\_\_\_/\_\_\_\_ (month/day/year)

## DO

- ✓ **Eat a protein-rich breakfast as the biggest meal of the day.**  
Eat within 30 minutes of waking up.
- ✓ **Drink water as your main beverage.**  
One cup of coffee or tea without anything added is also okay before noon each day. Drink no other beverages.
- ✓ **Stop all food intake at 7 p.m.**  
It's okay to drink water anytime, day or night.
- ✓ **Get daily physical activity.**  
Move continuously for at least 30 minutes at an intensity level of moderate or higher.

## DON'T

- ✗ **Don't eat highly processed foods.**  
Avoid foods like sugary cereals, pastries, and fast food.
- ✗ **Don't drink sugary drinks.**  
Avoid soda, juice, sports drinks, and alcoholic beverages.
- ✗ **Don't leave your meals to chance.**  
Plan your meals in advance and build your grocery shopping list based on the plan.
- ✗ **Don't skip days of exercise.**  
Skipping only makes it harder to get back to a physical activity routine.

For more information, access Cardi-OH's expanded resource on **SMART goals**.

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