S.M.A.R.T. Goal Sheet

Specific
Measurable
Action-oriented
Realistic
Time framed

Example of a SMART Goal: By the end of the month, I will increase my fibre intake to 25 grams per day.		
Action Steps	Barriers/Road Blocks	Solutions
• Cereal with at least 6 g fibre • Whole grain breads • 6-7 vegetable and fruit servings per day	• family dislikes whole grain • vegetables go bad in fridge • vegetable preparation time • skip some meals	• freeze whole grain bread for me • plan ahead and buy only what is needed, prepare ahead • have fruit handy for snacks

Goal:		
Action Steps	Barriers/Road Blocks	Solutions