

## Habit Tracking and SMART Goals



### Goal Setting 101:

Goals are consciously defined targets that help give context and meaning to your life, and keep you focused on achieving success. The objective behind goal-setting is to set goals that will motivate you to succeed and direct your behavior. Creating new habits or modifying current negative behaviors requires deliberate, consistent practice of a new behavior instead of an old one. Everyone has different values, but the key to success is to develop goals that are consistent with your values and then cultivate the habits necessary to attain your goals. Before a new behavior becomes a normal habit, you must identify what is most important to you.

### Benefits of SMART Goals to Build Healthy Habits:

One way to build long-term behaviors is through SMART goals. SMART goal-setting brings structure and trackability into your fitness goals and objectives. Each element of the SMART framework works together to create a goal that is carefully planned, clear, and trackable. When you set a goal for yourself, you should include each step that is necessary for your fitness success.

### SMART Goals Defined:

#### *S= Specific*

Be as clear and specific as possible with what you want to accomplish. Think of this as the mission statement for your goal. The narrower your goal, the more you'll understand the steps necessary to achieve it.

#### *M= Measurable*

Quantify your goals to make it that much easier to determine your progress and know if you are on track to reaching your goal.

#### *A= Achievable*

Your goal must be achievable and attainable. The achievability of the goal should be stretched to make you feel challenged but defined well enough that you can actually achieve it.



*R= Realistic*

Nobody wants to set goals for the sake of setting them. Ensure that your goal matters to you, and that it aligns with other relevant goals. Your goal should be realistic in that the goal can be realistically achieved given the available resources and time.

*T= Time-Bound*

Goals can't continue on forever-they need a deadline. Be sure to set for yourself a practical and flexible start and finish time frame.

**SMART questions to ask yourself:**

**S=** "What do I want to achieve?" "Who needs to be included?" "When do I want to do this?" "Why is this a goal?" "Where is this goal to be achieved?"

**M=** "How can I measure my progress?" How do I know if I've successfully reached my goal?"

**A=** "Do I have the skills required to achieve the goal? If not, can I obtain them?" "What is my motivation for this goal?" "Have others done it successfully before?"

**R=** "Is the goal realistic and within reach?" "Is the goal reachable, given the time and resources?" "Am I able to commit to achieving the goal?"

**T=** "What's the deadline for reaching my goal and is it realistic?" "By when do I want to achieve my goal?"

When it comes to building habits towards are fitness goals, tracking your habits and goals is an efficient way to help you stay motivated and consistent. Check out EHW's [Habit Tracking Fitness Sheet](#) for an effective way to build new habits and goals.