

Name: _____ Date: _____ Ambient heart rate: _____

S = Specific (i.e., the goal states exactly what you mean to accomplish)

M = Measurable (i.e., you will know when you have attained the goal or progressed toward attaining it)

A = Activity based (i.e., the goal involves structured exercise or planned movement)

R = Realistic (i.e., given your limitations, you are capable of achieving the goal within the short and long term)

T = Timely (i.e., the goal will fit with your current life, schedule, and so on)

Example: *I will improve my two-minute recovery heart rate by increasing my walking distance 1 mile [1.6 km] per week.*

This goal fits the SMART requirements:

S = improve my ... recovery heart rate

M = two minutes

A = increasing my walking distance (aerobic exercise is a way to improve recovery heart rate)

R = 1 mile [1.6 km] per week (this is a small percentage increase of the total workout)

T = This person already walks four times per week, so increasing the distance by 1 mile (1.6 km) will not require much additional time.

My SMART health goal is (note each SMART requirement):

S = Specific:

M = Measurable:

A = Activity based:

R = Realistic:

T = Timely: