



PennState
PRO Wellness



Children's
Miracle Network
Hospitals

Healthy Choices

Setting Wellness Goals

pennstatehershey.org/PROwellness



Setting Wellness Goals

Learn how to set healthy eating and activity goals that you can keep.

Make it SMART

- **Specific:** What exactly do you want to change?
- **Measurable:** How will you know it has changed?
- **Achievable:** Can it be done in your time frame?
- **Realistic:** Do you have the resources available?
- **Time-sensitive:** What is the deadline?

What Goals Would You Like to Set?

Examples:

- **Be more physically active:** "I will take a walk with my family every evening." or "I'm going to take group fitness classes each week with my friend so we can get in shape and stay motivated together."
- **Decrease intake of sweetened beverages:** "Instead of buying a soda, I will fill a water bottle with water."
- **Limit screen time:** "Instead of watching TV after dinner, I will go for a walk."
- **Revamp meals:** "Instead of buying lunch everyday, I will prepare meals on Sunday for the week ahead."

