

GOAL Setting

Making changes to your lifestyle does not have to start big or grand. Small changes are easier to incorporate and over time can make a difference. As part of diabetes management, let's focus on three main lifestyle changes: **increasing physical activity, increasing vegetables in your diet, and one goal of your choice.**

Increasing Physical Activity

The current recommendations for physical activity are 150 minutes a week, which also looks like 30 minutes a day for five days. This physical activity can be any form of activity that elevates your heart rate like biking, walking, swimming, dancing, or gardening.

Write about what your physical activity looks like now? How many minutes a week are you being active?

Is there an activity you enjoyed in the past? What was that activity?



GOAL Setting

Bringing all this information together, write one SMART goal to increase your physical activity. A SMART goal for physical activity means:

S specific physical activity you are completing

M measurable activity through heart rate, distance, or time to complete the action

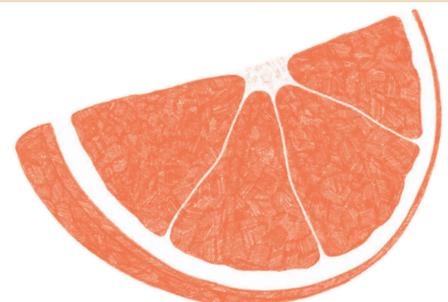
A achievable means understanding where you are starting from and to not take on too much too quickly

R relevant to your life in terms of your schedule and starting fitness level

T time bound to be completed at specific time

An unrealistic goal could be something like running five miles every day when you are not a regular runner. If we take this idea and make it into a SMART goal, then we would say I am going to start walking around my neighborhood for 15 minutes after work on Tuesdays and Thursdays. This goal includes a specific action that is being done, the days the action should be accomplished, an achievable starting activity, considers working around your schedule, and when the activity will be completed.

Your SMART goal:



Increasing Vegetable Consumption

The current recommendations for vegetables are 2 ½ cups a day.

Write about what your current eating habits are with consuming fruits and vegetables.
How many fruits and vegetables are you currently eating?

What are your favorite vegetables? How do you like to eat your favorite vegetables?

Bringing all this information together, write one SMART goal you can do every week to increase your vegetable consumption. A SMART goal for increasing vegetables in your diet means:

- S** specific way you will include vegetables in your meals
- M** measurable quantity or type of vegetables you are adding
- A** achievable means understanding where you are starting from and to not take on too much too quickly
- R** relevant to your life in terms of your schedule and taste preferences
- T** time-bound means a specific time by when you will add vegetables to certain meals/snacks



GOAL Setting

An unrealistic goal could be becoming vegetarian overnight when your primary protein usually comes from animals. Turning this goal in a SMART one could be having a meatless Monday dinner with at least 1 cup of vegetables.

Your Choice of a Goal

Think about your current habits concerning your health, which can include your diet, taking your medications, stress management, eating more home cooked meals, reducing soda consumption, being more mindful, and more. Are there any aspects of your life that you think you can change to improve your health?

Write the current habit you want to focus on:

Write about how this current habit fits your lifestyle? Is it something you consume or do every day?

Write one SMART goal you can do every week to work on the health habit you chose above.



Scan this QR code to watch a video on this topic