

SMART Goals Activity Calendar

Week	Specific Does the goal make sense? Is it clear?	Measurable Is the goal measurable? Can I track my progress?	Attainable Is the goal challenging but not impossible?	Relevant Is the goal worth my effort? Will it benefit me and meet my needs?	Timely Is there a timeframe for achieving the goal?	SMART Goals
Week 1	1	2	3	4	5	SMART Goal 1
Welcome to the SMART Goals Challenge! Start by reading the Personal Best handout! Then, choose a goal focused on mindset or mindfulness for this week.	Make sure your goal is specific! Watch this video about breathing , and notice there is a clear purpose. Is your goal specific?	How will you measure your goal? In minutes, hours, days? Watch this mindfulness video and notice the goal is 8 minutes per day!	Review your goal- is it too simple? Too difficult? Watch this video about moving when sitting , something that is difficult but possible!	Make sure your goal is something you care about. For example, watch this video about checking in with ourselves , which is beneficial.	Do you want to accomplish your goal in a week, a month, over the summer? Watch this strength and stretching video and choose your timeframe!	Record your mindfulness goal: _____ _____ Great job!
Week 2	1	2	3	4	5	SMART Goal 2
This week create a physical activity goal! Maybe work towards getting the recommended 60 minutes per day.	Example: "This week I will do the calendar video each day!" Is your goal specific? Watch this video to get moving!	How will you track your goal? In a notebook or on this calendar? Watch the following video to get moving today .	Think ahead to next week. Do you think you can still do your goal? If not, you may want to adjust it! Watch today's movement video!	Make sure to choose a goal you enjoy doing. Goals should be fun to work on! Watch today's video here to get those active minutes .	When do you want to reach this goal? Watch today's video here!	Record your physical activity goal: _____ _____ Great job!
Week 3	1	2	3	4	5	SMART Goal 3
This week make your goal about nutrition. Maybe try a new food or cook a new recipe with your family!	You're a pro at this by now but, double check... is your goal specific? Check out this new recipe to try!	How will you know you have reached your goal? Learn how to make a turkey and veggie roll-up here!	Make a plan with your parents for how many new recipes you can try each week. Try making apple cookies here .	Make a list of your dream foods and recipes to try. What is special about them? Learn all about fruits here .	Food is essential for our entire lives! Keep being curious and trying new things! Make a cucumber and chickpea salad here .	Record your nutrition goal: _____ _____ Great job!
Week 4	1	2	3	4	5	SMART Goal 4
Finally, choose a goal related to family. You can focus on spending more time with family, being physically active as a family, or trying new activities!	Choose your goal and share it with your family members! Do they agree it's clear? Play this family game with a specific goal for a fun activity!	Decide with your family how you want to track your goal! Should it be a friendly, family competition? In that spirit, try this step-challenge together!	Check that your goal is achievable for all family members! Do this video and notice how modifications can make it possible for all family members!	Discuss as a group if this goal is relevant to your family! Will it help benefit your family? Then do this simple family workout together	When does your family think this new goal can be incorporated into your regular routine? Finish with this family kickboxing workout	Record your family goal: _____ _____ Great job!