



SMART Goal Setting weight management psychology

Specific - e.g., walk (vs. exercise)

Measurable - e.g., eat 5 times daily (vs. eat regularly)

Action-oriented - e.g., have 6 AFDs a week (vs. lose weight)

Realistic - e.g., limit occasional foods to one a week (vs. never eat occasional foods)

Timed – e.g., by the end of this week, I will... (vs. in the future, I will...)

SMART goal 1:

SMART goal 2:

SMART goal 3:
