

# SMART GOALS!

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# SMART goals:

## A simple framework used to make goals clear & achievable.

| How to create goals that are: specific, measurable, achievable, relevant and time-bound. | |
|---|---|
| **Overall Goal** | 'Eat more vegetables' That's a good intention, but it's not clear, measurable or time-bound. |
| **Specific** | I will add vegetables to my dinner. |
| **Measurable** | I will add at least 1 cup of vegetables. |
| **Achievable** | This feels realistic to my current routine. |
| **Relevant** | It increases fibre, volume, micro nutrients to improve overall health and nutrition. |
| **Time-Bound** | I will do this 5 days per week- Monday to Friday. |
| **Enablers to help you achieve this goal?** | I will plan dinner in advance.<br>I will use frozen vegetables for convenience.<br>I will batch roast a tray of vegetables on a Sunday to have with my dinner Monday-Wednesday. |
| **Potential barriers?** | Possible barriers might include time pressures, forgetting, limited preparation, taste preferences, family dynamics or eating out. |



# SMART Goal Template:

| How to create goals that are: specific, measurable, achievable, relevant and time-bound. | |
|---|---|
| **Overall Goal** | |
| **Specific** | |
| **Measurable** | |
| **Achievable** | |
| **Relevant** | |
| **Time-Bound** | |
| **Enablers to help you achieve this goal?** | |
| **Potential barriers?** | |



This is an educational resource created by Sinead O'Donovan, Dietitian & Performance Nutritionist RD, MSc in collaboration with Novo Nordisk Ireland and is intended for people living with overweight or obesity.

Information in the Nutrition Guide is not intended to replace advice from your healthcare professional.

**Visit TruthAboutWeight.ie to view the full Nutrition Guide**



# Nutrition Guide

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