

Today's Date: \_\_\_\_\_

Next Appointment: \_\_\_\_\_

### Targeted Lifestyle Change

A Targeted Lifestyle Change is a specific behavior change that will have a positive influence on your health. Lifestyle changes don't have to be drastic to be effective. Small, healthy changes to your everyday life can make a huge difference in your health.

### A SMART plan to better health

**Specific:** What is the exact change you want to make? For example, if you want to lose weight, ask yourself what specific lifestyle changes you could start making to improve your daily habits.

**Measureable:** How will you measure progress? Improving your health and wellness is more than weight loss. Think about how these changes can also improve quality of life, lower stress and improve self confidence.

**Attainable:** Strive for progress, not perfection. With a proper plan, any goal can be reached.

**Relevant:** Realize the importance of this change and ask yourself how this change will impact your health. Is it the right change for you?

**Time bound:** Set a realistic time frame for meeting your goals.

### Goal Setting: SMART Targeted Lifestyle Changes

SMART Goal #1: \_\_\_\_\_

What makes this Targeted Lifestyle Change important to you? \_\_\_\_\_

\_\_\_\_\_

SMART Goal #2: \_\_\_\_\_

What makes this Targeted Lifestyle Change important to you? \_\_\_\_\_

\_\_\_\_\_

Behavior Change	Readiness to Change:									
Importance	1	2	3	4	5	6	7	8	9	10
Confidence	1	2	3	4	5	6	7	8	9	10