

# How to set S.M.A.R.T Goals



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# Why set a Goal?

- Setting goals gives you long-term vision and motivation to focus on what matters to you
- Setting goals helps you organize your time, account for your resources, and sheds light on a healthier future
- In order to achieve your goals, it is important that your goals are specific, measurable, attainable, relevant, and timely, for effective change



<b>S</b>	<b>m</b>	<b>a</b>	<b>R</b>	<b>T</b>
Specific	Measurable	Attainable	Relevant	Time-Bound
Set a clear and concise goal to achieve.	Quantify the Goal.	The goal should be challenging yet reasonable.	The goal should be worthwhile/personal to you.	Every goal needs a time frame in which you will accomplish it by.
What do you specifically plan to do?	How often, how much?	How confident you are at accomplishing this goal?	Does this goal align with your objectives and values. Will it meet your needs?	End date?
Ex: Lose 5 pounds	Ex: Weight-in weekly, track lbs	Ex: Based on by current weight, health, and activity levels-Yes	Ex: Yes, losing weight will help me live a healthier life/increase my mobility	Ex: 3-months

Let's set some goals  
together!

# Grab a Pen and Paper

On a sheet of paper write out the following worksheet



S.M.A.R.T Goal Setting Worksheet:	
<b>S = specific</b>	What do i want to do?
<b>M = Measurable</b>	How will I monitor my progress?
<b>A= Attainable</b>	Is the goal realistic?
<b>R= Relevant</b>	Is the goal meaningful?
<b>T= Time-Bound</b>	End-date?

# Specific

- In order to set effective goals, your goal needs to be specific
- Some people say - I want to get fit, but what is specific about that?



- **Examples to find a specific goal include:** what is one thing that needs to be accomplished?  
What is one thing I want to change?



# Measurable

- Now that we have the specifics down, you want to *quantify* your goals and make them measurable so you can track them over time



- **For example:** I want to increase the number of times I walk during the week from 3 to 5 by setting time in my calendar to do so each week



# Attainable

- Now you have a pretty good idea about your goal and how you want to achieve that goal **BUT**, is it achievable? Can you keep this up long-term?
- Goals are meant to be met and not something that should be an uphill battle that you abandon along the way
- How do you know it is attainable?
  - Look at your other commitments, what are you willing to change?
  - Are you excited about your goal?





# Relevant

- Does this goal align with your own beliefs, is it something you are ultimately willing to do?
- Without your goal being realistic, it is not considered a goal until the realism is met



# Time-Bound

- You now have all the pieces to make your goal, but we need to set a timeframe
- To properly measure success, you need to know when your goal has been reached
- **Will you track your progress for a month, 6 months, a year?**
- Once you believe your goal has been reached, you can still keep up the behaviour that has led you to it



# Advice from Dr. Lai



“When you wake up each morning you should have a purpose. Retire when and if you find this purpose”

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# Resistance Workout

## *30 Minutes*

# Warm-Up

## 30 Seconds Each Exercise

- Marching on the spot
- Shoulder rolls
- Side steps
- Arm circles
- Side bends with arms
- Butt kicks
- Ankle circles
- Torso twists
- Neck rolls
- Front leg swings



# Guided Strength Exercises

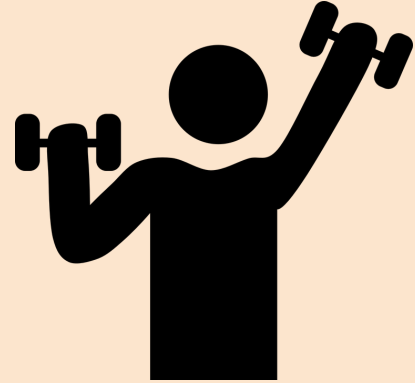
# Remember

- Always maintain a proper body position
- Breathe during each exercise
  - Holding your breath increases your internal pressure, thus increasing your blood pressure
- Not sure if you are doing it correct? Ask!





# Session Breakdown



**Lower Body Session**  
12 repetitions  
Repeat session

**Upper Body Session**  
12 repetitions  
Repeat session

**Core Session**  
12 repetitions  
Repeat session

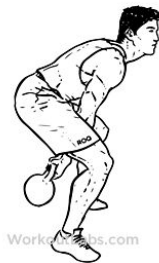
Start

End

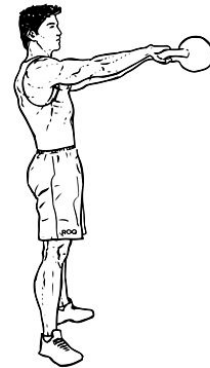


Start

End



WorkoutPlans.com



Break 30 seconds

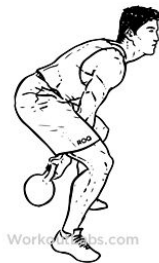
Start

End

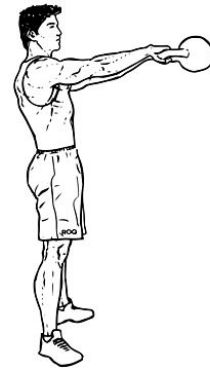


Start

End



WorkoutPlans.com



**Break 2 Minutes**

Start

End



Start

End



Start

End



Break 30 seconds

Start

End



Start

End



Start

End





**Break 2 Minutes**



Break 30 seconds

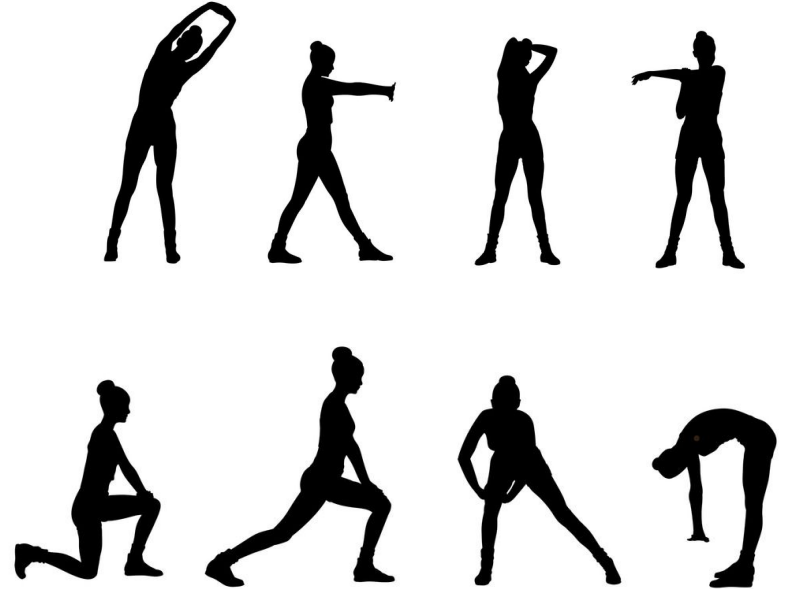


**Break 2 Minutes**

Cool-Down

# 45 Seconds Each Stretch

- Forward hamstring stretch
- Head tilt
- Arm across chest
- Figure 4 glute stretch
- Wrist flexor stretch
- Knee to chest
- Overhead tricep stretch
- 3 Deep breaths



*Thank you*



# References

MindTools. (2020). Smart goals: How to make your goals achievable. Retrieved from <https://www.mindtools.com/pages/article/smart-goals.htm>