

6-Week SMART Goal Tracker Challenge!

Instructions: To complete this challenge you will first have to decide what your own personal goals are for, *food, hydration, physical activity & open option*. Read the instructions below for a guide & fill out your goals on the back of this sheet. ALSO, grab a goal tracking sheet to track the days you have completed your goals. You will drop off/email in each weeks tracking sheet & pick up a new one each week! Your tracking sheet is your entry to win a prize! *Tracking sheets do not have to be completing filled out to be turned in as long as some tracking and effort is shown, it will count as an entry*

Food Goal Explained: a food goal would be a goal revolving around what you are eating, this goal could be that you are going to choose a fruit/vegetable with a meal or that you are going to track your food intake in a mobile & stick to your allotted recommended calorie intake, etc.

Hydration Goal: a realistic hydration goal for yourself, this could be drinking two 8oz glasses of water a day compared to your usual zero. This goal can also be about drinking less of an unhealthy substance (pop, high sugar juices, alcohol, etc.)

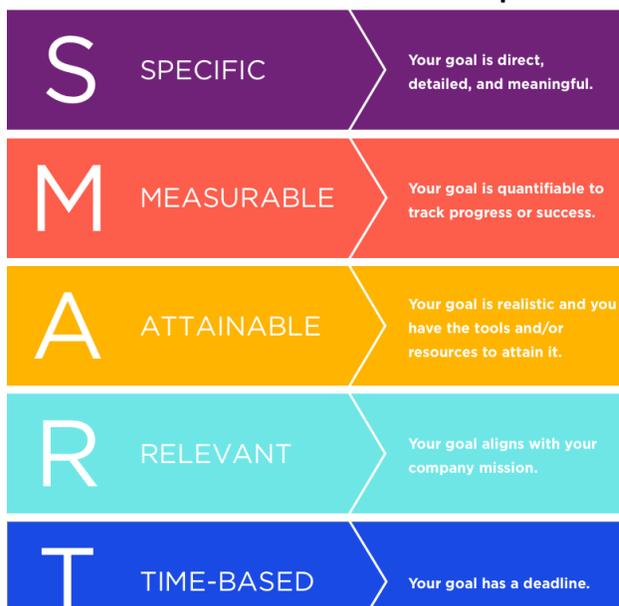
Physical Activity Goal: Goals relating to positive health behaviors when it comes to fitness. This can be how many steps you would like to reach/day, increasing amount of time/resistance/speed on a certain exercise, to amount of times you come to the gym or how many times you work out in a week, this can also include a weekly weight goal (losing 0.5lbs/week), etc.

Open Goal: We all have things we would like to make a conscious decision to do more of outside of physical activity, such as, reading, volunteering, meditating, talking to/seeing loved ones more, trying new places to eat, etc.

Hydration Guide:
¾ gallon of water is recommended for women per day
1 gallon of water is recommended for men per day

Adult Activity Guidelines:
~150 minutes/week of moderate activity
~75 minutes/week of vigorous activity

SMART Goals: Specific Measurable Attainable Realistic Timely



Goal Examples:

Food: My goal is to eat at least 1-serving of vegetables with one meal per day, 4 times/week for 6 weeks OR stay within my recommended caloric intake 4days/week

Hydration: My goal is to drink ½ gallon of water at least 3days/week for 6 weeks OR drink an 8oz glass of water with each meal during the week day for 6 weeks

Physical Activity: My goal is to get into the Fitness Center for at least 45minutes, 3days/week for 6 weeks

Open: I will try a new restaurant bi-weekly for 6-weeks OR I will read 50pages of my book at least 3 nights/week for 6 weeks

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My Goals are.....

Food Goal

Hydration Goal

Physical Activity Goal

Open Goal

Reminder: goals need to be SMART, give yourself a specific time frame of when you want these accomplished by (long term would be at the end 6 weeks for this challenge) AND check in with yourself at the end of EACH WEEK to see areas where you can improve & adjust accordingly