

S.M.A.R.T. Planning for Dietary Change

MY S.M.A.R.T. GOAL:		
<i>Considerations</i>	<i>Ask Yourself:</i>	<i>Write out your thoughts:</i>
Intention:	What eating changes/goals do you want to accomplish?	
S-Specific	Who-What-When-Where-Why?	
M-Measurable	How much, how often, how many AND how will I know when I've met this goal?	
A-Attainable	Is this something I can realistically achieve?	
R-Relevant	Is this important to you? Does it align with your values and priorities? (Consider your Anticancer Wheel of Life)	
T-Time Bound	When will this goal be met?	
<i>Now write your SMART goal:</i>		

Use this template to create each of your SMART dietary goals!