

Setting a SMART goal

S Specific	M Measurable	A Attainable	R Realistic	T Time-bound
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Why do I want to be healthier?

In what way can my decision to be healthier impact my life?

How will I manage my lung disease to help me meet my goal?

Setting a SMART goal



Set your goal

What actions will I take to be healthier

I will do this:

How often:

So that I can accomplish this:

By this date:

Examples of SMART goals

I will do exercises to make me stronger, 3 times per week, over the next 3 months, so I can:

- ...work on my hobby every day without being so breathless in 3 months.
 - ...walk my dog a little farther without being breathless this summer.
 - ...prepare my home for company without getting so tired this Christmas.
 - ...push my grandchild on a swing this fall.
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