

SMART Goals

S Specific	What am I going to do? Why is this important to me? Stop eating sweets. I want to live longer.
M Measurable	How will I measure my success? How will I know when I have achieved my goal? Daily checking sugar level. By my levels being below 120.
A Attainable	What will I do to achieve this goal? How will I accomplish this goal? Stay away from unhealthy sweets. Eat more veggies.
R Relevant	Is this goal worthwhile? How will achieving it help me? Does this goal fit my values? This goal will help me to live longer and have a healthier life.
T Time-Bound	When will I accomplish my goal? How long will I give myself? I give myself 3 months to accomplish this goal. The sooner the better to live a healthier life.

~~Bob Barker was at his lowest like~~

~~I was at the hospital. My High~~

~~was 10 when I was below a level~~

120.

Action Plan

My goal is Bob Barker has Diabetes

Date to finish	3 MONTHS
How will I measure my success?	check my blood sugar every day

Steps to Achieving my Goal

Description	Time Estimate	Completion date
LIMIT SUGAR INTAKE	DAILY	JUNE 2003
EAT MORE VEGIES	DAILY	JUNE 2003
DRINK ONLY WATER	DAILY	JUNE 2003

Obstacles that may arise	PARTIES
	HOLIDAYS
	LATE NITE APPETITES
How I will respond	STAY AWAY FROM THEM
	WILL NOT EAT ANY SUGAR
	DRINK WATER ONLY

Helpful Tools	PRAYER
	FASTING
	EAT HEALTHY
Helpful Resources	CHURCH
	FELLOWSHIP
	EXERCISE