

SMART Goals

S	Specific What am I going to do? Why is this important to me? Lose 40 by the end of June.
M	Measurable How will I measure my success? How will I know when I have achieved my goal? I will weigh myself weekly to keep me on track. I will weigh myself first thing in the morning. I will also log my weight. In order to monitor what is working to lose weight I will also log my meals in a food journal.
A	Attainable What will I do to achieve this goal? How will I accomplish this goal? I will log my meals. Drink at least 80 oz of water daily. Try to limit my eating out to once a week rather than daily. I will also set a goal to reach a target amount of steps daily. If I had to name a number now, it would be 10k.
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values? This goal will help me lower my cholesterol levels, glucose, help my liver enzymes get back to normal range. This fits my values because the word says that my body is a temple, that I need to refrain from gluttony, and take care of my body. Achieving this will me live a better life while on earth and be a better mom to my kids.
T	Time-Bound When will I accomplish my goal? How long will I give myself? My end date for my goal is June 30th 2024.

Action Plan

My goal is TO lose 30lbs by June 30th with healthy eating, more movement and logging my weight and meals.

Date to finish	How will I measure my success?
June 30th , 2024	on the scale! I will be 30 lbs lighter !

Steps to Achieving my Goal

Description	Time Estimate	Completion date
Log my meals daily		
Be intentional with my movements, reach 10k steps daily		
Weekly, morning weigh ins		
drink at least 80 oz of water daily		
get at least 6 hours of sleep each night		
Spend time with God daily and invite Him on this goal with me.		

Obstacles that may arise	How I will respond
Not enough time to cook at home	Meal prep on Saturday, or choose a healthier take out option
I dont lose weight form week to week	Don't give up, keep going, measure my success by how my body FEELS

Helpful Tools	Helpful Resources
my fitness pal	The Word, Growth book
timers to walk, drink water, and go to bed	