

Make Your Goals

S M A R T

We want to make small goals that help us reach our bigger goals, like hitting a specific blood glucose target or weight.

Set yourself up for success by making **SMART** goals!

S

What specific action will you take?

M

How will you measure or track your progress?

A

What will you do to make sure challenges don't get in the way of achieving this goal?

R

How will this goal help you achieve a bigger desire?

T

When will you complete this goal?
How will you know it's complete?