**Example of a SMART goal**

**Goal: I will eat at least 5 servings of fruit and vegetables a day.**

**Specific**

* Eat 1 piece of fruit at breakfast this week.
* Next week add vegetable to lunch.

**Measurable**

* Measure with measuring cup and write down how much vegetables and fruit I eat each day. Log….

**ACTIONALBE Achievable/Attainable**

* I am going to start by eating 1 pieces of fruit or vegetable a day, then adding 1 more per week.

**Relevant**

* Actually adding more fruit and veggie throughout the day.
* Breakfast, lunch, snack, dinner, and snack.

**Time Frame**

* This week I am going to add 1 more fruit or veggie, next week add 2, then 3, 4 and 5. =5 after 5 weeks!

 ***“A Goal without a plan is a wish!”***