



Central Coast  
Local Health District

## Healthy Bites Episode 24 – SMART Goals: Measurable

Hi, my name is Lauren, a psychologist from Central Coast Health, and today I'm going to be talking about the M in SMART goal setting –and that is making it measurable.

We do this so we know we're moving toward the goal. Now, this process doesn't have to be complex! Just find a simple way to record your progress. For example: are you ticking days off on a calendar, or wearing an activity tracker, or simply writing it in a notepad?

Just make sure every time you are working towards your goal you're recording it somewhere –and try to do it straight away, so you don't forget!

By making any goal SMART –specific, measurable, achievable, relevant and timed –you give yourself the best chance of achieving whatever it is you're working towards.