



Central Coast
Local Health District

Healthy Bites Episode 26 – SMART Goals: Relevant

Hi, my name is Lauren, a psychologist from Central Coast Health, and today I'm going to be taking a look at how our SMART goal can be relevant, which is what the R in SMART stands for.

This is where I need to ask myself: what is the purpose behind the goal? What am I hoping to achieve? For example, maybe the exercise goal is about trying to improve your balance. If that's the case then setting a goal of walking probably isn't relevant because walking won't improve your flexibility as much as say a Thai Chi or a dance class might.

And if the goal is about improving your cardiovascular fitness, 5 minutes of walking a day is a great start but not enough; I'd need to keep resetting the goal and increasing the time until the walking was giving me cardio benefits.

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