



Healthy Bites Episode 27 – SMART Goals: Timed

Hi, my name is Lauren, a psychologist from Central Coast Health. Today we're going to be rounding up our look at SMART goals by delving into the T in SMART, and that is how to set a timeframe for the goal.

Doing this helps to hold yourself accountable otherwise there is always tomorrow. If you think back to all those failed New Year's resolutions, it's the timeframe that's often the reason why. We've got a whole year to work on exercising – and really, that's too much time!

Let's take our example we looked at in our very first SMART goal episode. We're aiming to walk 3 times a week for 20 minutes a day. Now, let's look at how we make that goal timed.

If I set the achievable goal of starting off by walking 3 times a week for 10 minutes a day, and I remain on track – which I'll know because I'm recording it – on the start of the month I can reset the goal to increase the time walking by 5 minutes. If I remain on track, that means that in 3 months' time I'll be walking 20 minutes a day, 3 times a week! Hurrah, I've achieved my initial goal!

So try it today! 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. I wish you the best of luck in achieving your goals!