Good health doesn’t just happen. It is the result of healthy living each day. Determine where you would like to make changes in your life. Then follow these three simple steps in designing your SMART Health Improvement Action Plan.

1. List ONE area in which you would like to see improvement: Reduce Alcohol Use

2. Write a SMART goal for achieving this. SMART Goals are...

   - **Specific**..................... Be specific in what you want to accomplish and the action steps you will take.
   - **Measurable**............. Determine how you will track your progress: think how much, how many and when will I know my goal is accomplished.
   - **Action-oriented**...... Select an action for your goal – identify what you will do to reach your goal.
   - **Reasonable**.............. Set goals you can realistically accomplish in a few weeks or months.
   - **Timeline-based**....... Set time expectations. Have a start date and finish date by which you expect to reach your goal. This gives you a clear target to work toward.

For example: If you are interested in fitness, instead of saying, “I want to be more active,” write…

- **Specific**: I will get 20-30 minutes of moderate activity, 3-5 days every week.
- **Measurable**: I will log my activity each day I exercise.
- **Action-oriented**: I will add 120 minutes of activity per week just by riding my bike to and from work each day.
- **Reasonable**: I will enlist the support of my neighbor as an exercise buddy.
- **Timeline**: After 8 weeks, I will reevaluate my goals and adjust as needed to meet my long-term goal of 3 hours of exercise per week.

3. **My SMART Health Improvement Action Plan**

   - **Specific**: I will reduce my alcohol use by at least one glass every day for the next month.
   - **Measurable**: I’ll mark my calendar or journal each day I meet my alcohol reduction goal.
   - **Action-oriented**: I’ll stock up on teas/sparkling water, only drink after eating and read an article on drinking wisely.
   - **Reasonable**: I’ll tell my support team about my plan and ask for their support.
   - **Timeline**: I’ll check in with my support team every week.

   After 30 days I’ll evaluate my success and set new goals.

   **Tips to help you reach your goals**
   1. Focus on one goal at a time. Taking on too much can be overwhelming and lead to failure.
   2. Pick something you are ready to tackle and have a genuine desire to improve.
   3. Start with small steps. Set goals that challenge you but that you are confident you can accomplish.
   4. Take a class or join a support group for added knowledge, motivation, and support.
   5. Log your progress daily. It helps keep you on track – and seeing progress is motivating!
   6. Reevaluate your progress often. Do more of what is working. If something isn’t working, try a new approach. Don’t give up!
   7. Set new goals quarterly. Tackle other areas of your life you want to change.
   8. Be optimistic. Think positively. You can do it!

Other Ideas/Notes: _______________________________________________________

My Support Team Members: _____________________________________________