

Set Healthy Goals

Lifestyle Medicine Action Plan



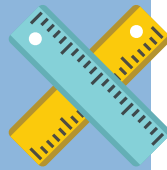
Example: I will (WHAT?) eat 5 fruits every day by (WHEN?) next month. I will do this by (HOW?) cutting fruits and leaving them in the fridge the night before.

SMART Goals

S- Specific



M-Measurable



A-Achievable



R- Realistic



T- Timely



How I Eat

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Nutrition

How I Sleep

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Sleep

How I Move

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Physical Activity

How I Stay Calm

I will (WHAT?) _____

by (WHEN?) _____

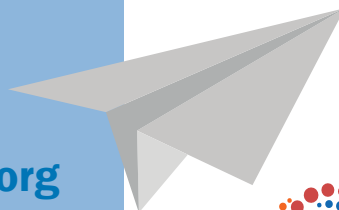
I will do this by (HOW?) _____

Mindfulness

lifestylemedicine.org

Credit: Michelle Dalal MD, FAAP and Neeta Agarwal MD, FAAP

Recommended for use with school age children



This information is not to be used as medical or mental health advice. If you have a medical problem, are in pain, or feel very stressed, please talk to a trusted adult, counselor, doctor, or medical professional.



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