Goal Setting

Dear Participant,

Congratulations! You are now in the second week of your Walking Towards Wellness program. If you have not already done so, you should set some goals for yourself.

Goals should be short-term and long-term. For example, a short term goal may be “I am going to walk 15 minutes in one session today.” A long-term goal may be “I am going to walk in the Race for the Cure and make it to the finish line!”

Goals should be SMART. Do your goals meet the following criteria?

- **Specific** The goal must be specific.
- **Measurable** The goal must be measurable.
- **Attainable** Always make sure that your goal is attainable.
- **Realistic** Is the goal realistic—physically, financially and logistically?
- **Timely** The goal should be measured in a time frame—for example by (date), I will walk 30 minutes/per day, 4 days per week during the month of May.

Take a moment now to write a goal for yourself! A goal should be written, otherwise, it will probably not be achieved.