

WHAT'S YOUR GOAL? Remember to be S.M.A.R.T.!

Specific: *What exactly are you going to do?*

Measurable: *You need to be able to track progress; this can be framed by 'how much or how many.'*

Achievable: *Be realistic; a 10-20% change is achievable rather than a 90-100% change.*

Relevant: *Your goal should be important to your worksite.*

Time-based: *When do you want to accomplish your goal? Select a date in the future.*

Sample Physical Activity Goals

- As a result of implementing [X strategies] at [Worksite], [X%] more employees will report that it is easy to be physically active at work from [timeframe] to [timeframe].
- [Worksite] will increase employee physical activity by [X%] in the next [timeframe].
- By [timeframe], [X%] of [Worksite] employees will report meeting recommendations for moderate physical activity.

Sample Sedentary Behavior Goals

- As a result of implementing [X strategies] at [Worksite], [X%] more employees will report that it is easy to avoid being sedentary at work from [timeframe] to [timeframe].
- [Worksite] employees will report a decrease in sedentary hours by X% from [timeframe] to [timeframe].
- By [timeframe], [X%] of [Worksite] employees will report feeling more energy during the workday.