

Healthy Plans and Habits

Having healthy plans and habits can help us stay fit and happy. These habits can be daily or yearly, as well as small to larger tasks such as washing your hands and exercising, to making sure you go to a doctor checkup every year. Plan how you can keep healthy with the SMART (Specific, Measurable, Achievable, Realistic and Timely) Goal Chart below.

Some goals can be making sure you eat a healthy diet, washing hands daily, going to the doctor once a year and exercising every week.



S – What goal is it?	Goals 1. 2. 3.
M – How do I know I reach it?	Ways to know how I reach it (e.g. diary to track sleeping time, visit to doctor) 1. 2. 3.
A – Can I achieve it? Are there challenges?	What are some challenges you may have? Can you achieve your goals? 1.

	<p>2.</p> <p>3.</p>
R – Can you achieve it realistically?	<p>What can I do to make sure I achieve my goals? What can stop me from doing it?</p> <p>1.</p> <p>2.</p> <p>3.</p>
T – How long does it take?	<p>How long does it take? How long should I keep doing this goal?</p> <p>1.</p> <p>2.</p> <p>3.</p>

If you have more goals, you can use this chart to plan what goals or changes you need to meet these goals.