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UTM EatWell

January 2011

Make SMART Resolutions

Is your goal to lose or gain weight and get fit this year? Change is not always easy – just wanting to make a change, or generally knowing what you *should* be doing is often not enough. Making your goals “S.M.A.R.T” will help you stick to your resolutions.



S.M.A.R.T. goals are...

Specific
Measurable
Attainable
Realistic
Timely

Your goals should be tangible; tasks or benchmarks that you know you can achieve in a reasonable amount of time, with a reasonable amount of effort.



Not S.M.A.R.T.

- **“I’m going to lose/gain weight” weight”** (not Specific enough, goal is too vague)
- **“I’m going to get fit”** (not Measurable, how will you know when you have reached your goal?)
- **“I’m going to lose 30 lbs this month”** (not Attainable, a safe and healthy rate of weight loss is about 1 lb per week, or 4-5 lbs per month)
- **“I’m going to cut out all carbs from my diet”** (not Realistic; it is nearly impossible to sustain this type of diet for very long)
- **“I’m going to eat healthy”** (not Timely; when do you know you have achieved your goal?)



S.M.A.R.T.

- **“I’m going to eat fruit instead of cookies as a snack and have a salad with chicken breast instead of pizza for lunch on days that I’m at school”**
- **“I’m going to try a new activity each week, and do a minimum of 30 minutes of activity three days a week this semester”**
- **“I’m going to use my treadmill 3 times a week, switch to water instead of pop, and only have one sweet treat a week this month”**
- **“I’m going to reduce my portion sizes of rice, pasta and bread at meals and write down what I eat for one week so that I’m more aware of what I’m consuming”**

Need some help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can help you with your nutrition-related goals this year. Call (905) 828-5255 to make an appointment.

And don’t forget to talk with the staff and trainers at the RAWC to help you set and reach fitness goals that will compliment your healthy eating goals!