

Healthy Heart Goal Setting Planner

Setting short and long-term goals can help you make healthy lifestyle changes to support your heart health. Use the document to plan your goals for the year, month or even the week. When setting goals it can help to think about the acronym SMART, make sure your goals are:



1. Specific

Be clear about what you want to achieve, your goal should be detailed and clear.



2. Measurable

How will you track progress? Our Healthy Heart Habit Tracker Wheel is great for this!



3. Achievable

Is the goal realistic for you at your current level of fitness or in relation to how you currently eat for example?



4. Relevant

It doesn't matter what other's goals are, your goals need to be relevant to you and support what you want to achieve.



5. Time-bound

How long will it take for you to achieve your goal? Set a deadline.

Goal:

Deadline: _____ **Achieved:** ☐

Goal:

Deadline: _____ **Achieved:** ☐

Goal:

Deadline: _____ **Achieved:** ☐

Goal:

Deadline: _____ **Achieved:** ☐