



**Special
Olympics
Ontario**

Presents

Setting SMART Goals!



A guide designed to support you with your health goals

This workbook can be used to create, implement and track your health goals. Learn more about what makes a good health goal and how to achieve it.

Plan Smarter with SMART Goals

Introduction

This guide has been created to help you create SMART goals. You can use this guide to help with your health and competition goals.

Why SMART Goals?

- They help you make sure your goals will be achieved
- They help you see when you are successful
- They help keep you organized

What are SMART Goals?

A SMART goal helps you plan and achieve your goals.

Specific

Your goal should be very specific. It should be clear what you want to do.

Measureable

You will need to think of a way to measure your progress. How will you know when you're close to your goal?

Achievable

An achievable goal is a goal that you can reach. Your goal should be possible.

Relevant

Is your goal related to health, wellness or competition? How will your goal help you?

Time-bound

Your goal needs a clear deadline. This will help you plan out a timeline for your goal.



Tracking Your Progress

It's important to track our progress and review our outcomes. When we can see our successes, we can create new goals and also identify room for improvement.

The following provides a road map for achieving the SMART goal you've set. The chart below helps you track your progress towards your SMART goals.



Setting Your First SMART Goal

Here you will find ideas for creating your first SMART goal. Using Canada's 24Hr Movement Guidelines, create a SMART goal that will help you achieve one of the guidelines listed.

Make sure your SMART goal includes guidelines for your age category only.

Children and Youth 5-17 Years



SWEAT



STEP



SLEEP



SIT

60 minutes of activities per week that make you sweat and breathe harder

Several hours of light physical activity per day

Age 5-13 need 9-11 hours of sleep per night
Age 14-17 need 8-10 hours of sleep per night

2 hours or less of screen time per day

Adults 18-64 Years



SWEAT



STEP



SLEEP



SIT

150 minutes of activities per week that make you sweat and breathe harder

Several hours of light physical activity per day

7-9 hours of sleep per night with consistent bed and wake-up times

3 hours or less of screen time per day

Break up long periods of sitting

Muscle strengthening twice a week



Adults 65 Years and Older



SWEAT



STEP



SLEEP



SIT

150 minutes of activities per week that make you sweat and breathe harder

Muscle strengthening twice a week

Balance exercises

Several hours of light physical activity per day

7-8 hours of sleep per night with consistent bed and wake-up times

3 hours or less of screen time per day

Break up long periods of sitting

Healthy Eating

Here you will find recommendations for healthy eating. Can you make a goal for yourself based on the recommendations below?



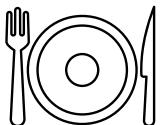
Your diet should include: fruits and vegetables, whole grain foods, protein, healthy fats



Make water your drink of choice



Cook more often than eating out



Be mindful of your eating habits. Take time to eat and notice when you are hungry and when you are full.

Sweat and Breathe Harder

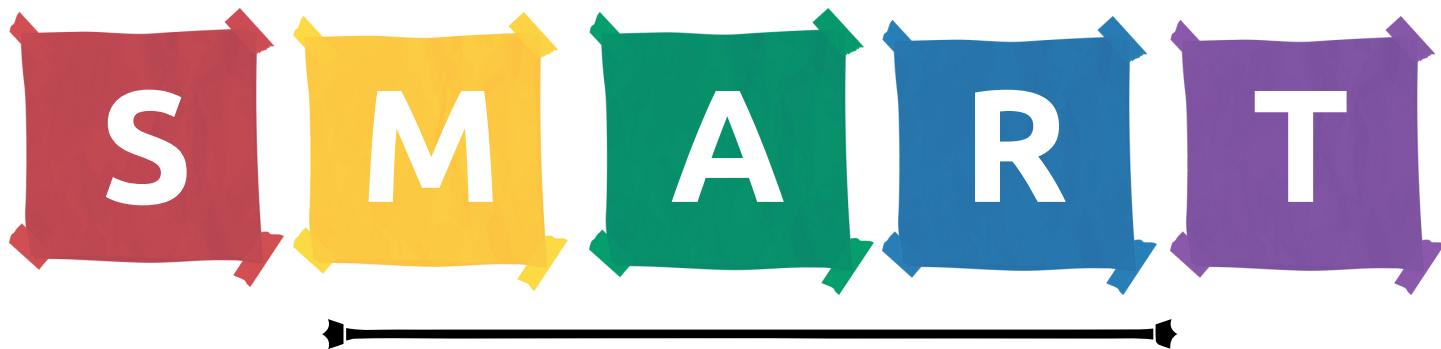
As recommended by Canada's 24hr Movement Guidelines, you should work towards **150mins of physical activity per week** that makes you sweat and breathe harder.

There are three types of physical activity: light (easy), moderate (medium), and vigorous (hard). The chart below explains each type of physical activity and offers examples of different exercises that you can do to achieve your physical activity goals.

Type of Physical Activity		
Light (Easy)	Moderate (Medium)	Vigorous (Hard)
Easy to talk and carry on a conversation	Able to talk and hold short conversations	Increased breathing, increased heart rate, difficult to hold a conversation
Examples: <ul style="list-style-type: none">• Walking slowly• Sitting using a computer• Cooking, washing dishes• Playing an instrument	Examples: <ul style="list-style-type: none">• Walking fast• Mowing lawn• Slow biking• Bocce• Golf• Softball	Examples: <ul style="list-style-type: none">• Hiking• Running• Shoveling snow• Basketball• Fast biking• Soccer



MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to make healthy lifestyle choices.

Create a health SMART goal below and try to achieve it!

SPECIFIC

What is your goal?

MEASUREABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?

RELEVANT

How will your goal help you?

TIMELY

When will you achieve your goal?



My goal is: _____

e.g. to drink more water, I will aim for 6 cups per day



I will track my progress by: _____

e.g. I will track my progress by logging how many glasses I drink each day in a planner



I will achieve this goal by doing the following: _____

e.g. set an alarm every hour reminding me to drink water



This goal helps me because: _____

e.g. this goal will help me to be healthier, have more energy



I will complete this goal by (date): _____

e.g. I will achieve my goal by November 15th



Tracking Your Progress

It's important to track our progress and review our outcomes. When we can see our successes, we can create new goals and also identify room for improvement.

Use the chart below to track your progress towards your SMART goals.

Example

What is your SMART Goal?	Did you achieve your goal in time?	How will you move forward?
I will drink more water by tracking how many glasses I drink each day	No. I still haven't drank more daily water by the date I set	I am going to set a reminder on my phone to drink more water and I am going to extend my timeline