

# SMART Goals

---

You will need to work with your client and collect information in order to agree 3 appropriate SMART goals. You will then plan one short term (4-6 weeks), one medium term (12 weeks) and one long term (6 or 12+ months) SMART Goal

SMART requirements:

**Specific-** The goal must be clear and concise

**Measurable-** There must be a way of clearly comparing start and finish points

**Achievable-** Both parties need to be in agreement

**Realistic-** The specific objective must be attainable within the time frame set

**Timed-** An exact, agreed amount of time must be set to focus efforts

# SMART Goals

---

When planning SMART goals it is important that you understand the two types of goals you can plan.

Process Goals & Outcome Goals.

1. Process Goals- These types of goals have a measure which can be related to the process of completing something (e.g. 3 times per week exercise for 40 minutes). Success is achieved by doing the activity that has been targeted. Process goals are easy to set measures for, easy to follow and success can be seen as you go along (e.g. you know if you have done 2/3 sessions for the week that you are nearly there). These are best for beginners or people who often lack motivation and give up before they reach the evaluation stage.
2. Outcome goals- These types of goals are related to an outcome or end product (e.g. lose 3lbs, lose an inch off your waist). Success measures are harder to set for these goals but to use these effectively they need to have specific tests or measures (the easiest and most measurable weight loss outcome goals is 'to be able to do up the zip on the size 12 skirt in the bottom of the wardrobe'). Outcome goals are often set and then the measures are not related to the specific outcome (the most obvious is when someone asks to lose weight, a trainer measures success by weight loss. The client begins training and puts on half a stone due to increased muscle and feels like they have failed).

# SMART Goals

---

- You will need to include SMART Goals for your client - it can be helpful to focus on one goal (if more than one, each must be SMART)
- The goals recorded must show how they meet all of the S.M.A.R.T requirements in one sentence, for example- as a SMART Physical medium term goal-

***“My client wants to lose 8lbs in 8 weeks”***

**Specific-** It is specific as it states 8lbs

**Measurable-** The clients progress can be measured in relation to this goal by recording her body weight on a weekly basis before the final training session of each week on a Friday morning

**Achievable-** This goal is manageable within the designated time frame as it allows for a safe weight loss of 1lb per week

**Realistic-** Again this is a realistic goal for appropriate weight loss in the allocated time

**Timed-** The goal has been set for 8 weeks time

# SMART Goals

---

Example SMART Nutritional short term goal:

***“My client will reduce his alcohol intake by 20%, from 5 units to 4 units per day over the next 4 weeks”***

**Specific-** The client will cut down his alcohol intake by 20% over 4 weeks from 5 units per day to 4 units per day

**Measurable-** The clients progress can be measured in relation to this goal by asking him/her to record within his food diary his alcohol consumption over this time period. I will review his food diary at the start of each week to gauge progress and to offer motivation

**Achievable-** This goal is manageable within the designated time frame as it will allow my client to gradually reduce his intake over an initial 4 week period to an agreed and acceptable level

**Realistic-** Again this is a realistic goal for a gradual but manageable reduction in consumption levels in the allocated time

**Timed-** The goal has been set for 4 weeks time