

## My SMART Goals Log

Using SMART goals can help you manage your diabetes by turning knowledge into action. SMART goals are:

- **Specific:** Simple and very clear
- **Meaningful:** A goal that is important to you
- **Action-oriented:** Includes steps you can take to reach your goal
- **Realistic:** A goal that you “can do”
- **Time-based:** Has a specific beginning and an end

An example of a SMART goal would be, “*I will walk for 20 minutes with my spouse or friend after dinner on Monday, Wednesday, and Friday.*”

What are your SMART goals for managing your diabetes?

SMART Goal	Actions and Time	Rate your success and why you were or were not successful