

SETTING OUTCOME-FOCUSED GOALS AND ACTIVITIES

Purpose: Marquee Health Coaches work in collaboration with coaching members to set outcome-focused goals and action steps that match the member's interests, are enjoyable and/or meaningful. Coaches work with member to uncover deeper motivation to encourage goal achievement. Outcome-focused goals should be written in SMART format if possible.

A S.M.A.R.T. goal is defined as one that is specific, measurable, achievable, results-focused, and timebound.

Below is a definition of each of the S.M.A.R.T. goal criteria.

Specific: Goals should be simplistically written and clearly define what you are going to do.

Measurable: Goals should be measurable so that you have tangible evidence that you have accomplished the goal.

Achievable: Goals should be achievable; they should stretch you slightly so you feel challenged, but defined well enough so that you can achieve them. You must possess the appropriate knowledge, skills, and abilities needed to achieve the goal.

Results-focused: Goals should measure **outcomes**, not activities.

Time-bound: Goals should be linked to a timeframe that creates a practical sense of urgency, or results in tension between the current reality and the vision of the goal.

Examples of SMART Goals

- I will lose 3 lbs in the next 4 weeks.
- I will increase my energy level from a 5 to a 7 in the next 4 weeks.
- I will improve the quality of my sleep from a 3 to a 6 in the next 4 weeks.
- I will improve my nutritional intake in the next 4 weeks.
- I will work on improving my diabetes by incorporating 2 small changes to my eating habits in the next 2 weeks.
- I will improve my flexibility in the next 2 weeks.
- I will work with my Coach to set a plan to improve my stress management in the next 4 weeks.
- I will incorporate 2 strategies to improve my level of stress from 7 to 5 in the next 4 weeks.
- I will work towards quitting tobacco by incorporating 2 strategies in the next 4 weeks.
- I will work to improve my Personal Health Score by incorporating at least 2 changes to my eating habits in the next 4 weeks.

Examples of Activities

- I will research and visit at least 3 gyms in my community in the next 2 weeks.

- I will incorporate 10 minutes of stretching 3 times a week for the next 2 weeks.
- I will engage in yoga for 20 minutes 3 times a week for the next 4 weeks.
- I will increase my water intake from 16 ounces to 32 ounces a day for the next 2 weeks.
- I will count my carbohydrates for at least 1 meal a day for the next 2 weeks.
- I will use MyFitnessPal to track my intake every day for the next 10 days.
- I will schedule an appointment to see my doctor in the next 4 weeks.
- I will choose 2 recipes from my cook book to add to my Meal Plan in the next 2 weeks.
- I will cut down my tobacco usage from 10 cigarettes to 8 cigarettes 3 times a week for the next 2 weeks.
- I will read about NRTs in the next 2 weeks.
- I will use my gratitude journal 3 times a week before bed for the next 4 weeks.