

**Personal Goals —
Blood Pressure Recordings and Achievements Sheet**

Name: _____ Table: _____

Week 1 Week 2 Week 3 Week 4

Blood Pressure Reading

Achievement Goals	My SMART Goal:	Goal Selected	✓ Goal Met	✓ Goal Met	✓ Goal Met
1.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SMART Goals —

Specific. A specific goal is more likely to be accomplished than a general goal. Goal should meet the six W’s. Who? What? Where? When? Which(requirements & constraints)? Why? Not “Get in shape” rather, “Join gym at Southern Adventist University and workout for 30 minutes 3 days per week for 4 weeks to feel better & stay healthy for my grandkids.”

Measurable. Establish concrete criteria to measure progress so you know when you’ve met your goal.

Action-Oriented. While goals should keep in mind both process & outcome, when starting new health goals, focus most on the process, such as your own personal actions first. Not “Lose weight” rather “Eat baby kale salad 3 days a week during lunch break.”

Realistic. Is the goal attainable? Do you truly believe it can be accomplished? Is it something you are both *willing* and *able* to work toward? Will it produce substantial personal progress? If the goal is too easy, will there be adequate motivation?

Time-Phased. Ground the goal within a time frame. 30 days is a good time frame since that is about the length of our class.