

Patient Name:

Date:

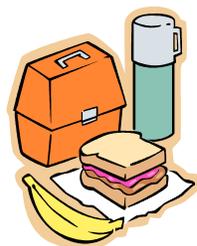
# Be SMART About Diabetes!

## Set a SMART goal!

- ✓ Specific
- ✓ Measurable
- ✓ Action-Oriented
- ✓ Realistic
- ✓ Time-Limited

## Small changes are OK! Make sure your goals are realistic.

**Instructions:** Pick one or more goals for yourself, then write your goal in the area where it fits so it answers the following: WHAT, WHEN, WHERE, HOW OFTEN.  
 For example: *I will walk after dinner around my neighborhood 3 days a week for at least 30 minutes.*



Other goal/s?

## Follow-Up

Date: \_\_\_\_\_ 2<sup>nd</sup> session status: \_\_\_\_\_

Date: \_\_\_\_\_ 3<sup>rd</sup> session status: \_\_\_\_\_

Code: 1-Never started, 2-Started but stopped, 3-Doing somewhat, but less than I said, 4-Doing exactly what I said, 5-Doing better than I said

Changes or adjustments needed:

## Questions to discuss with your Diabetes Instructor:

1. On a scale of 1 to 10, how confident are you that you can accomplish your goal/s? (1 being not confident and 10 being very confident)
2. Are there any barriers to reaching your goal/s?
3. What can help you overcome those barriers?