

Concord Summer Experience



Activity Title	SMART Goal setting	
Activity Overview	In this activity, you will complete a 4 week plan for changing habits using achievable and realistic goals.	
Activity Steps	Notes	Resources
Understand what is a healthy habit	What is a healthy habit? Things we do in our everyday life which have a positive impact on our body and mind. Healthy habits can include a range of the following: <ul style="list-style-type: none"> • Eating Breakfast • Eating a balanced diet • Drinking water • Regular exercise • Sleeping 6-8 ours daily • Spending time outdoors and off the internet • Been mindful / meditating 	<ul style="list-style-type: none"> • 4 week plan template • Pen • Scrap paper
Time for Change	Consider choosing 2-4 of the above habits and suggest how you can include them into your lifestyle and each week increase how long you will do each of them for to have a positive impact on your body and mind	
What is SMART Targets	How do I set realistic targets which are achievable? To make sure your goals are clear and reachable, each one should be:	

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	<ul style="list-style-type: none"> • Specific (simple, sensible, significant). • Measurable (meaningful, motivating). • Achievable (agreed, attainable). • Relevant (reasonable, realistic and resourced, results-based). • Time bound (time-based, time limited, time/cost limited, timely, time-sensitive). 	
Week one	For one of your selected habits Consider including them into your weekly routine once a week and add it into your plan.	
Week 2	For the other of your selected habits Consider including them too into your weekly routine once a week and add it into your plan.	
Week 3	For each of your selected habits Consider including them into your weekly routine twice times a week and add it into your plan.	
Week 4	For each of your selected habits Consider including them into your weekly routine in places more than once a day or up to three times week and add it into your plan.	