



SMART Goals

Working with patients to set SMART goals for their weight loss efforts can be beneficial for both the patient and you. This allows you to work with them on behavior change to increase their overall health and to know when to implement additional follow-ups and resources. Here is how establishing SMART goals can work in your practice:

S

PECIFIC

Setting a specific goal focused on behavior change, allows the patient to determine what they will do, for how long and when. For example, the patient may decide to exercise 1-2 times a week for 20 minutes.

M

EASURABLE

Establishing a measure, such as eating less than 1,800 calories per day, gives the patient the gauge needed to determine whether they meet their goal.

A

TTAINABLE

The patient can decide if they have enough resources to achieve the goal. If they want to swim but have no access to a pool, it is unlikely they will achieve the goal.

R

ELEVANT

Why does the patient want to achieve this goal? How will it make a difference for them? Goals must be important enough to the patient to motivate them to change their behavior. Otherwise, it sets them up for failure and disappointment and potentially lessens their chances of experiencing successful change in the future.

T

IME-LIMITED

Setting deadlines can help patients stay on target toward their weight loss and health goals by motivating them to do the desired behaviors within the set timeline.

If patients do not fully achieve their goals, remind them changes take time and sometimes several efforts. These setbacks are part of the change process.

Resources: Weight-loss goals: Set yourself up for success. Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20048224>. Published August 2018. Accessed January 15, 2019. Last edited September 29, 2020. This publication is printed by the Oklahoma Health Care Authority as authorized by Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. Copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. [74 O.S.2001 § 3105 (C)] \ ENG-TSETSMART-2019



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