



# SMART Goals for Diabetes

Diabetes can be overwhelming and can often require a lot of dietary and lifestyle modifications to reach treatment goals and to prevent complications. A great way to make changes that will work well for your lifestyle is by making SMART goals. These may sound intimidating at first but are much easier than they seem!

## How to Set a SMART Goal:

### **S**pecific

Think of this as the mission statement.  
What am I trying to accomplish?  
What actions will I take to achieve this?

### **M**easurable

How much or how often will I need to do or perform the action to meet my goal?  
What metrics should I use to set this goal? How many days a week, servings a day, etc.

### **A**chievable

What can I do to make this achievable for myself?  
How will I accomplish this goal?

### **R**ealistic

Is my current goal realistic or relevant for my current situation?  
Should I modify or adjust this based on my current lifestyle?

### **T**imebound

What time frame is required for me to accomplish my goal?

# Let's Start!

Think of one or two things you are ready and willing to change about your current lifestyle. Here are some examples of things that often require adjustments for patients with diabetes.

## Diet Modifications

- S** I want to start eating healthier foods to help improve my blood sugar and overall health.
- M** I will add 2 servings of vegetables to my meals 5 times a week.
- A** I can make this achievable by buying frozen veggies to decrease preparation time.
- R** This will be easy since I can microwave the frozen vegetables.
- T** Over the next two weeks, I will work on incorporating 1 serving of vegetables to my lunch and dinner. Then, at the end of the two weeks I will be eating 2 servings a day.

## Addition of an Exercise Regimen

- S** I want to increase the amount of time I exercise to 150 minutes a week.
- M** I will start by exercising 15 minutes a day 5 days a week for 2 weeks. I will add on an extra 5 minutes a day every 2 weeks until I reach 150 minutes a week.
- A** I will accomplish this by walking after work 3 times a week, and by doing resistance band exercises 2 times a week.
- R** This will be realistic for me. I can do resistance exercises while watching my favorite TV show, and my dog loves to go on walks, so I can take her along after work.
- T** In a two-month time frame, I will be able to slowly increase the number of minutes I exercise a week to 150 minutes.

### Helpful Tip

Setting and achieving small goals add up over time! Don't feel like you have to set and achieve BIG goals when you're trying to make progress.

#### References:

1. [https://www.ucop.edu/local-human-resources/\\_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf](https://www.ucop.edu/local-human-resources/_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf)
2. <https://diabetestalk.net/blood-sugar/smart-goals-examples-for-diabetes>