



The Well

SMART GOALS WORKBOOK



RAY & JOAN
KROC CENTER
COEUR D'ALENE, ID

TO MEMBERS OF THE WELL PROGRAM,

In 2022, we are going to show you how to set goals and achieve those goals. The Kroc staff is always available to guide you through the process of goal setting. In addition, we have mentors, behavioral health professionals, physicians, physical therapists, and spiritual advisors to share in your journey.

THE STAGES OF BEHAVIOR CHANGE



MAINTENANCE

works to sustain the behavior change

ACTION

practices the desired behavior

PREPARATION

intends to take action

CONTEMPLATION

aware of the problem and of the desired behavior change

PRE-CONTEMPLATION

unaware of the problem

The first step in your journey is to write down your goals. Start with at least one SMART goal, using the templates included in this book. Feel free to do more than one if you wish. Please bring this book to our weekly meetings. Each week, we will use it to evaluate the progress of your journey, evaluate your level of confidence, discuss positive results, and brainstorm to overcome obstacles.

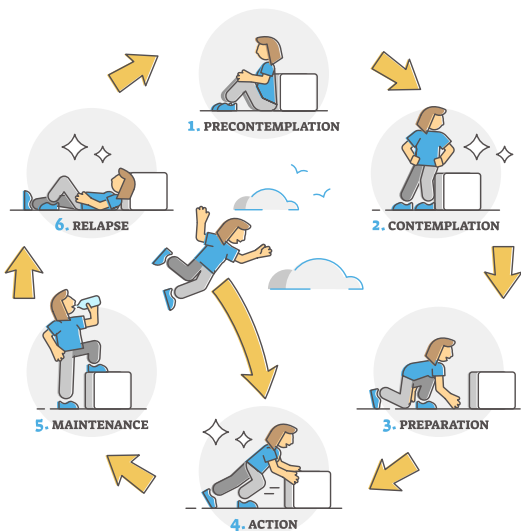
The second thing you need to do is to show up. In the back of your book, there is a calendar. Every day you go to the Kroc Center, we would like you to put an X in the date corresponding to that day. Ideally, you should be attending the Center at least 3 times a week in order to see positive changes in your fitness level.

On Thursday nights, we will encourage you to tell others how you have approached your goal, what you have accomplished, and how you managed to overcome any obstacles that stand between you and your goal. Over time, everyone in the program will be your advocate. You will find strength in the people that surround you.

It is our pleasure to serve as guides on your journey but, in the end, the journey is up to you and is under your control. We hope you enjoy the process and come to feel assured and confident in your approach and your results.

The Kroc Staff

CYCLE OF CHANGE



S.M.A.R.T. GOALS WORKSHEET

SMART stands for Specific, Measurable, Achievable, Relevant & Time-bound.

This SMART goals worksheet will help you make a realistic action plan with important milestones that you can use to track your goals.

S

SPECIFIC

State what you want to accomplish and the benefits of achieving this goal.

M

MEASURABLE

How will you measure your progress? How will you know you've accomplished this goal?

A

ACHIEVABLE

What steps do you need to take to accomplish this goal?

R

RELEVANT

Why is this goal worthwhile? Do you have a necessary resources to accomplish this goal?

T

TIME-BOUND

How long will it take to accomplish this goal? Write down your target deadline.

SPECIFIC

State what you want to accomplish and the benefits of achieving this goal.

MEASURABLE

How will you measure your progress? How will you know you've accomplished this goal?

ACHIEVABLE

What steps do you need to take to accomplish this goal?

RELEVANT

Why is this goal worthwhile? Do you have a necessary resources to accomplish this goal?

TIME-BOUND

How long will it take to accomplish this goal?
Write down your target deadline.

How confident are you that you will be able to achieve this goal?

- ☐ Not at all confident
- ☐ Slightly confident
- ☐ Somewhat confident
- ☐ Quite confident
- ☐ Extremely confident

Date

JANUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FEBRUARY

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

MARCH

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27	28	29	30	31		

APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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30	31					

NOVEMBER

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week of: _____

	Exercise	STRENGTH EXERCISES			CARDIOVASCULAR EXERCISES		
		#Sets	Weight	#Reps	Time spent	Distance	Pace
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Week of: _____

	Exercise	STRENGTH EXERCISES			CARDIOVASCULAR EXERCISES		
		#Sets	Weight	#Reps	Time spent	Distance	Pace
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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	#Sets	Weight	#Reps	Time spent	Distance	Pace
Monday						
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Wednesday						
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		#Sets	Weight	#Reps	Time spent	Distance	Pace
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

[illegible]

[illegible]



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