

Journey to Wellness — A free self-guided healthy living program

Move more: Getting started activity tracker

Get started by setting your SMART fitness goals

Specific. Set a goal that is specific, so you know that you are reaching it.

Measurable. Set a goal that you can measure easily. A goal of doing something “more” isn’t easily measured.

Attainable. Avoid aiming too high or too low.

Realistic. Be sure your goal is realistic. Unrealistic goals will leave you discouraged.

Trackable. Choosing specific, measurable goals means you can track your progress over time. Find a way to track your success.

Sample SMART goal: I will walk 20 minutes a day, three days per week for the month of January. I will stretch my legs before I walk. This goal meets all aspects of a SMART goal.

My exercise goal:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> Move	<input type="checkbox"/> Move	<input type="checkbox"/> Move	<input type="checkbox"/> Move	<input type="checkbox"/> Move	<input type="checkbox"/> Move	<input type="checkbox"/> Move
<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch	<input type="checkbox"/> Stretch
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Print this calendar or save it to your desktop for digital tracking.

mayoclinichealthsystem.org/journey

