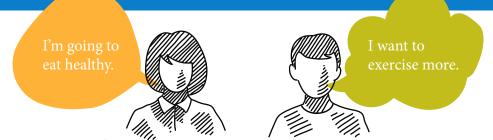
Get **SMART** about your health

What is your goal?

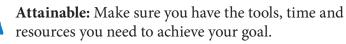


Take your goal from good to great. Your goal should be...



Specific: Describe exactly what you want to do.

Measurable: If you measure your progress, you can hold yourself accountable and know if you are succeeding.



Realistic: You are more likely to have long-term success with small, achievable goals.

Time-bound: A start date, frequency and deadline are key.

What is your new goal?

Beginning this weekend, I'll fill 2/3 of my plate with fruits and vegetables at every meal, four days a week.





Beginning Monday, I'll do least 30 minutes of activity five days a week.

My **SMART** Goal(s):



Making Cancer History®