

# Begin with Wellness

## SMART GOALS WORKSHEET:

**DATE SHORT TERM GOAL IS SET:**

**DATE LONG TERM GOAL IS SET:**

**CURRENT WEIGHT:**

**CURRENT BMI:**

**TARGET WEIGHT:**

**TARGET BMI:**

**MEASUREMENTS** Waist:

Waist to Hip Ratio:

**BLOOD PRESSURE:**

**HDL:**

**LDL:**

**TOTAL CHOLESTEROL:**

**GLUCOSE:**

MY SMART GOAL	TARGET _____	TARGET _____	TARGET DATE _____
<b>A SMART GOAL IS: Specific, Measureable, Attainable, Realistic/Relevant, Timed</b>			
<ol style="list-style-type: none"> <li>Who will be involved?</li> <li>What will be required?</li> <li>When will you work on it?</li> <li>How will you know your reached it?</li> </ol>			
Milestone #1:	Due Date:		
Milestone #2:	Due Date:		
Milestone #3:	Due Date:		
Milestone #4:	Due Date:		
Milestone #5:	Due Date:		
<b>Conclusions:</b>			

## Resources

**BMI Tool:** [http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

½ body weight = # glasses of Water per day \_\_\_\_\_

Waist measurement Men less than 40" Women less than 35" (measured at umbilicus)

Waist to Hip Ratio Men 1 or less Women .8 or less

Total Cholesterol Less than 200 mg/dL:

LDL Less than 100

HDL Men >50 Women >60

Glucose <100

Target Heart Rate:  $220 - \text{Age} = \text{Max Heart Rate}$      $\text{Max HR} \times 70\% =$  \_\_\_\_\_     $\text{Max HR} \times 80\%$  \_\_\_\_\_

Range of Heart Rate \_\_\_\_\_

Sleep 7-8 hours per night \_\_\_\_\_