



Independence
Blue Cross

WALKING TOWARDS WELLNESS



Goal Setting

Dear Participant,

Congratulations! You are now in the second week of your *Walking Towards Wellness* program. If you have not already done so, you should set some goals for yourself.

Goals should be short-term and long-term. For example, a short term goal may be “I am going to walk 15 minutes in one session today.” A long-term goal may be “I am going to walk in the Race for the Cure and make it to the finish line!”

Goals should be SMART. Do your goals meet the following criteria?

- | | |
|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Specific | The goal must be <u>specific</u> . |
| Measurable | The goal must be <u>measurable</u> . |
| Attainable | Always make sure that your goal is <u>attainable</u> . |
| Realistic | Is the goal <u>realistic</u> —physically, financially and logistically? |
| Timely | The goal should be measured in a <u>time</u> frame—for example by (date),
I will walk 30 minutes/per day, 4 days per week during the month of May. |

Take a moment now to write a goal for yourself! A goal should be written, otherwise, it will probably not be achieved.

Source: www.time-management-guide.com/goal-setting-guidelines.html

Week # 2 / E-mail

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