



SMART Habits

Habits are important for long-term changes because they help you create **consistency** allowing you to maintain them over time. We believe in **SMART habits** because by building healthy habits, you gradually add to your daily routine, leading to sustainable progress and lasting results.

S

Specific:

What do you want to focus on?

M

Measurable:

How will you measure if the goal was met?

A

Achievable:

Is this convenient for you to do?

R

Relevant:

Does the SMART habit align with your overall goal?

T

Timely:

When does the goal start?

Create your own SMART habit

Let's look at this example for someone who wants to drink more water...

"I will drink at least 8 cups (64 ounces) of water daily by setting reminders on my phone for the next four weeks to improve my hydration status."

Now let's create yours:

What is your overall goal? _____

Now, put it into action! Remember, that change that doesn't happen overnight and that consistency over time is what we are aiming for!

