



WELLNESS CLINIC
BIJANA KADAKIA ND LAC

SMART Goals

SPECIFIC What is your goal? Start with the general goal and then get specific. I'll use exercise as an example. Instead of "exercise more," be specific about what "more" might look like. This will vary based on one's starting point. For example, if I currently don't exercise, a specific goal might be exercise 20 minutes 1x/week all year.

MEASUREABLE How will you measure your goal? For exercise, frequency is easy to measure - minutes exercised or number of times. Think about ways you could measure your goal and which have meaning for you.

ATTAINABLE This is a question that only you can answer, but the most important element is that YOU believe you can achieve this goal. Do you believe you can achieve this goal?

YES NO

If you answered NO, please start again at the top. Adjust your goal to something that is a YES. It is likely that after you achieve some of your SMART goals, you'll start to answer YES to more challenging goals.

RELEVANT Why is this goal important to you? Why is it important to you right now/this year?

TIMELY What is your time frame for this goal? Is there a finite point of achievement after which the goal is done or is maintenance part of the goal? This might look like, "exercise 20 minutes 3x/week for the next year."

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