



## Set a Goal to Thrive

Being physically and socially active can make your overall quality of life better. Setting a SMART goal (Specific, Measurable, Achievable, Realistic and Time-Based) can help you be successful. You can start small and build up to your goals! Read the example below. Use page two to write your own goal to thrive!



### S

#### Specific

The goal will focus on one idea.



### M

#### Measurable

You can track the goal to see your progress.



### A

#### Achievable

You can make this goal happen.



### R

#### Realistic

The goal will take effort, but you can reach it.



### T

#### Timely

Set dates that will help you meet your goal.

## Goal: "I want to be healthier."



**Who? What? Where? How? When?** | "I will take a 15-minute walk around my neighborhood three days a week on non-dialysis days."



**How will I know I've reached my goal?** | "I will write on my calendar every month the time each day I walk."



**What do I need to meet my goal? Time? Support?** | "I will go farther every week. I will ask a friend to walk with me."



**Why do I want to reach this goal?** | "Right now I can walk two blocks without getting tired. I want to be able to walk four blocks."



**I will reach my goal by \_\_\_\_\_.** | "One month from today, I will be able to walk 15 minutes, three times a week."

Before getting started, talk to your doctor about how to safely start increasing your physical activity.

# My Goal to Thrive

Name: \_\_\_\_\_

Date: \_\_\_\_\_



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For more information or to file a grievance, please contact:

ESRD Network 10  
911 E. 86th St., Ste. 30 | Indianapolis, IN 46240  
Toll-Free Patient Line: (800) 456-6919  
[ESRDNetwork10@qsource.org](mailto:ESRDNetwork10@qsource.org)

ESRD Network 12  
2300 Main St., Ste. 900 | Kansas City, MO 64108  
Toll-Free Patient Line: (800) 444-9965  
[ESRDNetwork12@qsource.org](mailto:ESRDNetwork12@qsource.org)