



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."

S

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

M

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

A

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."

R

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."

T

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: _____

S

Specific

M

Measurable

A

Achievable

R

Realistic

T

Time-Based

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

ESRD Network 16
3725 Champion Hills Drive, Ste. 3100
Memphis, TN 38125
Toll-Free Patient Line: (800) 456-6919

ESRD Network 17
725 Champion Hills Drive, Ste. 3100
Memphis, TN 38125
Toll-Free Patient Line: (800) 444-9965

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