









Feel. Better.

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 then use page two to write your own goal to thrive!







GOAL		“I want to be healthier.”
<u>S</u>PECIFIC		Who? What? Where? How? When? “I will take a 15 minute walk three days a week on non-dialysis days around my neighborhood.”
<u>M</u>EASURABLE		How will I know I've reached my goal? “I will write on my calendar every month the time each day I walk.”
<u>A</u>CHIEVABLE		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.”
<u>R</u>EALISTIC		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.”
<u>T</u>IME BASED		I will reach my goal by _____. “One month from today, I will be able to walk 15 minutes, three times a week. “

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

My Goal to Thrive

Name: _____

Date: _____

GOAL		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
SPECIFIC		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
MEASURABLE		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
ACHIEVABLE		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
REALISTIC		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
TIME BASED		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

For more information or to file a grievance, please contact Qsource ESRD Network 12
920 Main, Suite 801 • Kansas City, MO 64105 • Toll-Free Patient Line: (800) 444-9965
net12@nw12.esrd.net • www.ESRDNetwork12.org

This resource was developed while under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. Original content was provided by the Agency for Healthcare Research and Quality. Contract #HHSM-500-2016-00012C. The contents presented do not necessarily reflect CMS policy. 18.Q-ESRD12.09.094