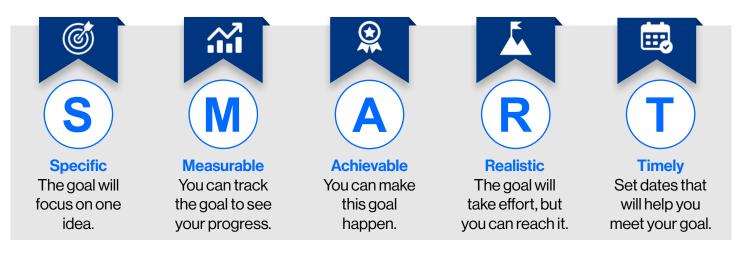


Being physically and socially active can make your overall quality of life better. Setting a SMART goal (Specific, Measurable, Achievable, Realistic and Time-Based) can help you be successful. You can start small and build up to your goals! Read the example below. Use page two to write your own goal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



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.

Name: My Goal to Thrive **Achievable** Realistic

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@gsource.org

Time-Based

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

