

2022 EAT, LIVE, AND BE HEALTHY WELLNESS CHALLENGE

JANUARY 2022

In 2022, the Chronic Disease Action Team of the Healthy St. Mary's Partnership is encouraging community members to join our year-long wellness challenge. This challenge will promote healthy habits, provide education and resources, and encourage community members to eat, live, and be healthy in 2022!



S.M.A.R.T. Goals

SM.A.R.T. goals are:

- **Specific:** Eating healthier or exercising more sounds like a good idea. But what does it really mean? Aim for specific goals instead, such as eating five servings of fruits and vegetables a day or doing 150 minutes of moderate aerobic activity throughout the week.
- **Measurable:** Make your goal one you can measure. Weight training 3 days a week is a goal you can track. A goal of exercising more is not so easily measured.
- **Attainable:** Avoid aiming too high or too low. Find a goal that feels just right for you.
- **Realistic:** Choosing realistic goals that you can meet will reinforce your efforts and keep you moving forward.
- **Trackable:** Choosing specific, measurable goals means you can track your progress over time. Write your efforts down in a journal or track them on an app so you can see how far you've come.

"We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched.

Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential."

-Ellen Goodman

healthystmarys.com/eatlivebehealthy

JANUARY RESOURCES

VIDEO
MESSAGE



My Action Plan Journal

This journal can be used as a guide to help you set an action plan for your wellness goals. The journal will help you set a goal that is specific, realistic, and enjoyable. Remember: Change doesn't have to be painful.

SMART Goal Worksheet

Use this worksheet to set your SMART goal for 2022. Use this goal to hold yourself accountable throughout the year!



Remember to submit your SMART Goal by January 31 to be entered to win this month's prize!

SUBMIT YOUR SMART
GOAL HERE