SMART goals are:

- **Specific**
  Clearly define your new year’s resolution.

- **Measurable**
  Determine how to track your progress.

- **Achievable**
  Set a reasonably attainable resolution.

- **Relevant**
  Is your resolution ideal for your life’s purpose?

- **Timely**
  Set a deadline for achieving your goal.

Making New Year’s resolutions are a valuable way to set (and meet) your health goals this year. Contrary to popular belief, you can stick to your resolutions over the year! Try these SMART goals to create resolutions that last.