

Ideas, Tips, and SMART goals:

Here are some great ideas that you can use for your Healthy Student Nurse Challenge Goal:

- ❖ Exercise four times a week for at least 40 min each time
- ❖ Do a yoga session that ends with a mindful meditation twice a week
- ❖ Add in strength building exercises to your cardio routine.
- ❖ Eat at least 5 servings of fruit and vegetables a day
- ❖ Drink eight, eight ounce cups of water a day (2L or half a gallon)
- ❖ Eat a balanced Diet according to your MyPlate results
- ❖ Sleep at least eight hours a night
- ❖ Strengthen your spiritual health by reading the scriptures daily.
- ❖ Mindfully meditate 10 min a day.
- ❖ Eat a homemade dinner 4 nights a week.

Tips for keeping your goal:

- Make a goal that challenges you, but that you can also keep
- Form an accountability group. Get your fellow nursing students involved, share your goals with each other, and keep each other accountable
- Don't get discouraged if you forget or miss a day. Instead put your best foot forward the next day and try again.
- Track your performance. Keeping track of how you are doing can encourage you to continue to pursue your goal and can keep you on track.
- Prioritize your goal. Try to achieve your goal first thing in the morning so it doesn't get lost in the chaos of your day.

SMART Goals:

A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely.

Specific: Well defined, clear, and unambiguous

- Who: Who is involved in this goal?
- What: What do I want to accomplish?
- Where: Where is this goal to be achieved?
- When: When do I want to achieve this goal?
- Why: Why do I want to achieve this goal?

Measurable: With specific criteria that measure your progress towards the accomplishment of the goal

- How many/much?
- How do I know if I have reached my goal?

- What is my indicator of progress?

Achievable: Attainable and not impossible to achieve

- Do I have the resources and capabilities to achieve the goal? If not, what am I missing?
- Have others done it successfully before?

Realistic: Within reach, realistic, and relevant to your life purpose

- Is the goal realistic and within reach?
- Is the goal reachable given the time and resources?
- Are you able to commit to achieving the goal?

Timely: With a clearly defined timeline, including a starting date and a target date. The purpose is to create urgency.

- Does my goal have a deadline?
- By when do you want to achieve your goal?