



Trends among goals achieved

- Worked on with friends or family (accountability)
- Support from family members (i.e. making healthy lunches/snacks)
- Put the goal sheet in a visible place (i.e. refrigerator, bedroom door)
- Made it a part of their routine by using a reminder system (i.e. mom/sister, note in backpack, sticky note on ceiling above bed, in ipod, setup reminder on phone)
- Had equipment to do it (i.e. wii system, skateboard/ramp, basketball/hoop, trampoline)
- Interest in the area targeted for growth (i.e. like walking the dog, like to shoot hoops), and did it with more frequency and intention
- Understanding of short/long term benefits (motivated to work on flexibility for ballet, desire to stay healthy)
- Found creative ways to fit it in (i.e. fruit/veggies for AM/PM snacks)
- An incentive: It was an assignment worth points.

Trends among goals not-achieved

- Lacked accountability partner or support (didn't go to store, ran out of fresh fruit)
- Forgot - didn't put it in a visual place, setup a reminder system or designate a time to do it (i.e. waited too late in the day to do it)
- Daily frequency was difficult (almost a deterrent).
- Working on too many goals at one time (tracking difficulty).
- Too large of a goal (i.e. 100 push-ups daily, read ALL nutrition labels)
- Excuses – tired, didn't want to/feel like it, mom/dad keep weekends busy, I was "bize," not very persistent, home remodel, out of town guests, had to spend time with my guinea pig
- Uncontrollable variables: illness/absence, holidays, weather
- Sabotage (i.e. Mom made cookies when the goal was to substitute fruit for dessert.)
- Focused on what not to do rather than pursuing a healthy habit
- Other homework took a priority (i.e. I had to read and practice guitar.)

Trends among inconclusive goals

- Missing or questionable SMART elements:



- Eat healthier. (S - What will be eaten?)
- Eat fruits and vegetables (M – How many/how often?)
- Drink 2 liters of milk a day. (A – Is this humanly possible?)
- Eat 10 different fruits a week. (R – Is this variety available to them?)
- Eat 2 fruits and 3 vegetables daily. (T – Until when?)
- Missing or questionable FITT elements
 - basketball 10 times a week for 60 minutes (F)
 - 700 push-ups in 7 days (I)
 - Two hour dog walks daily (Time)
 - Exercise 30 minutes 5 times a week (Type)
 - Moot goals –It was something they were already doing (i.e. soccer practice/games).
- Recorded items that didn't apply to goal
 - Goal: Blowflex 4 times a week
 - Day 1 – 30 situps
 - Day 2 – rode my scooter 15 min
 - Day 3 – had a veggie plate
 - Day 4 – bowflex 10 min
 - Day 5 – had an apple and an orange
 - Day 6 – walked my dog 30 minutes
 - Day 7 – exchanged donuts with toast with peanut butter
- Recorded items that were too vague
 - YES
 - I reached my goal.
 - Apple, carrots, orange (Goal: 3 fruits and 1 vegetable daily – What if she ate two apples?)