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| ***MEMBER A***  *In 2023, I aspire to pay more attention to the foods I buy and eat.*  **SMART Goal #1:** I will track food in "My Fitness Pal" at least 2 days a week in this quarter.  **SMART Goal #3:** I will limit my sodium intake less than 2,300 mgs. for 2 days a week in this quarter.  **SMART Goal #4:** I will eat nothing except unsweetened applesauce after 9 p.m. to take my bedtime meds for 4 days a week in this quarter.  **SMART Goal #5:**  I will do at least 2,000 steps 3  days a week for the next 6 weeks.  **SMART Goal #6:**  Begin journaling one day a week for the next 6 weeks. | Members complete a self-assessment survey at the start of the year then use the data to set aspirations for the entire year and the first quarter. The results of the self-assessment are never shared with the chapter.  Aspirations and SMART goals are sent to the designated chapter member who compiles the information into one document for the first meeting of the quarter. Setting 1-3 SMART goals is recommended; however, some members set more.  At the first meeting of the quarter, aspirations for the year and quarter are presented to the group. This includes what the goals are and why they are important. Tweaks are sometimes suggested.  In all other meetings the document is screen-shared during check-in at the start of each meeting. SMART Goals for are screen-shared at a time. Members are free to adjust SMART Goals during the quarter. |
| ***MEMBER B***  **My Purpose for these goals:** I want to become stronger and have more stamina.   By the end of June, I intend to have greater overall strength and be able to walk two miles continuously without difficulty.  **MOVEMENT / STRENGTH**  **SMART Goal #1:** I will strength train M-W-F at the 8 a.m. class.  **SMART Goal #2:** I will attend a yoga, stretch, or Pilates class at 5:30 p.m. on Tuesdays and Thursdays.  **SMART Goal #3:** I will walk the block each evening, increasing the distance by 1/3 a block weekly until I reach 8,000 steps a day.  **HEALTHY EATING**  **SMART Goal #4:**  I will eat 3 meals a day, each consisting of at least 30 grams of protein and at least 7 grams of fiber and under 400 calories.  **SMART Goal #5:** I will eat 2 high-protein low-sugar snacks or light meals a day. |  |
| ***MEMBER C***  I aspire to get into a healthy BMI range by end of the to lower my risk for weight related diseases and to fit into all my clothes..  My goal is to lose 10 lbs by June 2023.  **SMART Goal #1: Exercise -** I will do 70 minutes of cardio a week and continue doing Pilates and yoga.  **SMART Goal #2: Water -** I will drink 64 ounces of water with ice a day.  **SMART Goal #3: Space out eating -** I will put at least 2 hours between eating meals and snacks and note the times I eat on my phone calendar 5 days a week.  **SMART Goal #4: Tracking -** I will track 5 days a week in my Lose It app. |  |
| ***MEMBER D***  **MY ANNUAL AND QUARTERLY ASPIRATIONS:**  *In 2023, I aspire to achieve a healthier body composition by losing 5-10% of my end of 2022 body fat while not losing muscle.*  *During this quarter, I want to prove the story I want to tell myself … I can consistently adhere to eating and exercise behaviors necessary for my aspiration for the year.*  **\* \* \* \* \***  **SMART Goal #1:** **Eat better …** Average at or below my calorie target of 1440 in 9 of 13 weeks in this quarter.  **SMART Goal #2:** **Move More …** Maintain muscle mass by exercising at least 4 days/week for a total of at least 150 minutes in 9 of 13 weeks in this quarter.  **SMART Goal #3:** **Stay Motivated …** Support eating better and moving more by diary-like journaling at least 2x/week in 10 of 13 weeks of this quarter. |  |
| ***MEMBER E***  My thoughts for success: Walking brings peace to help calorie limit, and not eating late ensures that I win it, so I can stay a KOPS if I crow out these thoughts! CAW!  **C**  **SMART Goal #1:** ***Calories:*** I will not exceed 12,200 calories per week. I report whether I am above or below goal within my leeway.  **A**  **SMART Goal #2:** ***Avoid:*** Avoid night snacking  **W**  **SMART Goal #4: *Walking:*** I will walk a minimum of 210 minutes per week. |  |
| ***MEMBER F***  **I aspire to:**   * In 2023, I aspire to/hope to lose 15 lbs * In the second quarter of 2023, I aspire to/hope to lose 5 lbs   **SMART Goal #1:** I will spend one hour weekly on meal prep and healthy cooking.  **SMART Goal #2:** I will not eat salty, sugary or processed snacks after 8 PM except for special occasions up to 2x a week only.  **SMART Goal #3:** I will eat at least 2 servings of fruit and 2 servings of vegetables daily for at least 3 days a week.  **SMART Goal #4:** I will do at 25-30 minutes of workout at least 3 times a week. |  |