

Name: _____ Date: _____

What is a SMART Goal?

Giving your child a smoke/vape free life is a powerful way to protect their health. You need to create a plan that has short-term and long-term goals for keeping your child healthy. Create your goals using the SMART goals format.

A SMART goal is:

- S – Specific
- M – Measurable
- A – Achievable
- R – Relevant
- T – Timebound

Specific means the goal needs to be clear and simple.

Measurable means that progress towards your goal needs to be trackable.

Achievable means the goal needs to be realistic and doable.

Relevant means the goal needs to align with what you want to achieve.

Timebound means that there is a deadline for when you want to meet your goal.



What is a short-term goal for giving your child a smoke/vape free life?

Example: I will call Quit Now Indiana tomorrow morning to learn tips to start quitting.



What is a long-term goal for giving your child a smoke/vape free life?

Example: I will be at least six months smoke and vape free by this time next year.

Breathe
Healthy Steps to
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at
1-800-QUIT-NOW (1-800-784-8669)
or log on to equitnow.com for free, personalized support.