

## Your Personal SMART Goals

**Specific:** You have a better chance of achieving a goal that is simple and specific. Examples might be “I want to be in a healthy BMI range.” “I want to add 30 minutes per day of activity.” “I will talk to a tobacco counsellor about quitting.”

**Measurable:** You will know when you have reached your target because you can measure it. For instance, “I want to lose 10 lbs (4.5 kg) to bring my BMI to a healthy number,” or “I had a mammogram and a Pap test this year.”

**Attainable:** It’s great to dream big, but you need to plan your goal wisely. Establish a time frame that allows you to carry out the steps you need to reach your end point. You can plan to lose a healthy 1 to 2 pounds (.5 to 1 kg) a week, try a tobacco cessation aid to help you quit, or gain enough strength in 6 weeks to do ten push ups!

**Realistic:** If you believe in your goal, you’ll be able to work toward it. Maybe you can’t take a hike every day, but you can do it twice a week. You might be too busy to make a fruit smoothie every morning, but perhaps it could be part of your ‘5 fruits and vegetables a day’ for three days of the week.

**Time Frame:** Don’t set yourself up for failure by trying to do things too quickly. Real lifestyle change takes time to establish, but once established, it becomes a familiar habit. Give yourself a realistic amount of time so that you can stick with it.



## My SMART Goals

Short-term Steps (3-6 months):

Long-term Vision (1-2 years):

Obstacles & How to Overcome Them:

### Tips for Success

- Your goal should be something you really want, not just something that sounds good. Make it a positive one. Believe that you can do it!
- Write your goal in complete detail. That creates a roadmap to SUCCESS. Think about rewards for interim stages along the way.
- Try to visualize your goal; this will help you to make it a reality.
- Be prepared for setbacks and don’t let them stop you. Be patient. Long-term change is not a quick fix.

## Who Are We?

The BC Cancer Agency cares for people with cancer, from prevention and research through diagnosis and treatment. The Prevention Programs’ mission is to reduce cancer in British Columbia by giving people the facts about prevention. *A healthy lifestyle can cut your cancer risk in half.*

If you are a woman, regular screening for breast cancer (mammograms) and cervical cancer (Pap tests) can catch tumours when they are smaller and more easily treated. These programs reduce the death rate of breast and cervical cancer. For more information on Screening, see [www.bccancer.bc.ca/PPI/Screening](http://www.bccancer.bc.ca/PPI/Screening)

**More than 50% of cancers are preventable.**  
For more information, see [www.bccancer.bc.ca/PPI/prevention](http://www.bccancer.bc.ca/PPI/prevention)



# How Healthy are You?

## Self-Assessment Quiz



*How healthy is your lifestyle? It’s a question worth asking. Find out your potential health risks – you may be surprised!*

## Self-Assessment Quiz

1 I get a good workout that makes me sweat, such as jogging, cycling fast, swimming, aerobics, or dancing, for 30 minutes:

- A) Always – every day
- B) Often – four to five times per week
- C) Sometimes – at least twice a week
- D) Never



2 I do some kind of moderate activity like walking, housework, or gardening for 30 to 60 minutes each day:

- A) Always – every day
- B) Often – four to five times per week
- C) Sometimes – at least twice a week
- D) Never

3 In a typical week, I drink a serving of alcohol (a serving is 350 ml (12 oz) of beer, 45 ml (1.5 oz) of spirits, or 150 ml (5 oz) of wine):

- A) Never or occasionally
- B) Sometimes – more than once per day
- C) Often – 14 to 20 drinks per week
- D) Always – more than 20 drinks per week



4 I eat a balanced diet of grains, fruits and vegetables, protein and dairy products:

- A) Always – every day
- B) Often – four to five days a week
- C) Sometimes – at least twice a week
- D) Never

5 I eat foods that are salty or fatty, such as chips, fast food, and donuts:

- A) Never or only on a rare occasion
- B) Sometimes – at least once a week
- C) Often – at least once a day
- D) Always – more than once a day

6 I maintain a healthy body weight and my BMI (Body Mass Index) is:

- below 19
- 19-24
- 25-29
- 30-39
- 40-54

Don't know your BMI?  
See the chart at right.

7 I smoke or chew tobacco:

- A) Never or none in the past five years
- B) Sometimes – at least once a month
- C) Often – at least once a week
- D) Always – daily



8 I protect myself from the sun (plan activities before 11 am or after 3 pm on sunny days, seek shade, wear protective clothing and a hat, and apply sunscreen):

- A) Always
- B) Often
- C) Sometimes
- D) Never

9 For women only – I get regular Pap smears and screening mammograms:

- True
- False



## How Well Did You Do?

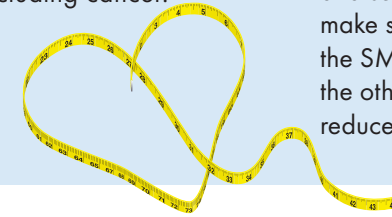
Number of A answers =

If your BMI is between 19 and 24 +1 point

If you answered TRUE to Question # 9 +1 point

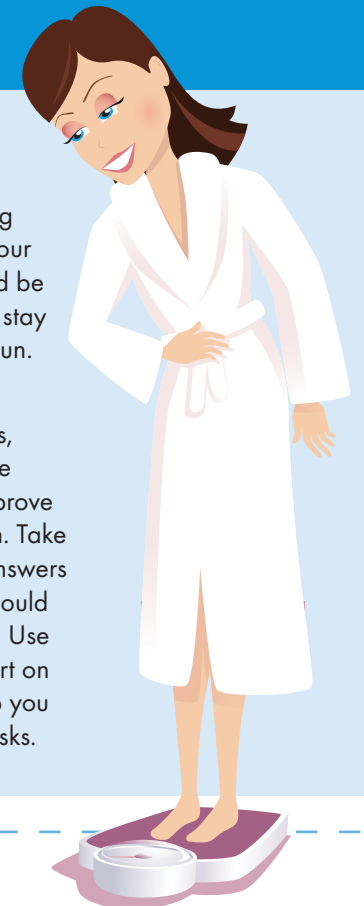
TOTAL =

If you scored 7 - 9 points, congratulations! You have some great lifestyle habits and are avoiding risk factors that can cause many diseases, including cancer.



Good going! If your score is between 5 - 6, you are getting some benefits from your lifestyle but you could be getting even more to stay healthy for the long run.

If your score was between 0 - 4 points, there are some simple changes that can improve your long-term health. Take a look through the answers and see where you could make some changes. Use the SMART goal chart on the other side to help you reduce your health risks.



## What is Your Body Mass Index?

Weight lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
Weight kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75.0	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
Height in/cm	Underweight					Healthy					Overweight					Obese			Extremely obese					
5'0" - 152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1" - 154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2" - 157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3" - 160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4" - 162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5" - 165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6" - 167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7" - 170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8" - 172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9" - 175.2	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10" - 177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11" - 180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	24	25	25	26	27	28	28	29	30	
6'0" - 182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	24	25	25	26	27	27	28	29	
6'1" - 185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	24	25	25	26	27	27	28	
6'2" - 187.9	12	13	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	27	
6'3" - 190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4" - 193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26