

**Specific:** You have a better chance of achieving a goal that is simple and specific. Examples might be “I plan to eat a vegetable at every lunchtime.” “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 increase my activity from two to three days a week,” or “I will have a mammogram and a Pap test this year.”

**Attainable:** It’s great to dream big, but you need to plan wisely. Start with small steps that will add up to help reach your end point. You can plan to lose a healthy .5 to 1 kg (1 to 2 lbs) a week, try a tobacco cessation aid to help you quit, or gain enough strength in six 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 go for a hike every day, but you can do it twice a week. You might be too rushed to make a healthy breakfast every morning, but perhaps you could aim for three days per week, and improve your food choices on other days.

**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. Reward yourself for small steps taken along the way.
- Picture your goal; this will help to make it happen.
- Be prepared for setbacks and don’t let them stop you. Be patient. Long-term change takes time.
- Find a partner, such as a family member, friend, or colleague, to support you.

MORE THAN 40 PERCENT OF CANCERS ARE PREVENTABLE

The mission of the BC Cancer Prevention Program is to reduce cancer in British Columbia by giving people the facts about prevention. For more information, see [bccancer.bc.ca/health-info/prevention](http://bccancer.bc.ca/health-info/prevention) [TobaccoEd.org](http://TobaccoEd.org)

*A healthy lifestyle can cut the cancer risk almost 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. Screening reduces the death rates from breast and cervical cancers. For more information on Screening, see [bccancer.bc.ca/screening](http://bccancer.bc.ca/screening)



BC Cancer, an agency of the Provincial Health Services Authority, provides a comprehensive cancer control program for the people of BC in partnership with regional health authorities. This includes prevention, screening and early detection programs, research and education, and care and treatment.

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!



Provincial Health Services Authority

# Self-Assessment Quiz : Test Your Health Habits

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

- A) At least three to five days a week
- B) Sometimes – at least twice a week
- C) Never



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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 days per week
- C) Sometimes – at least twice a week
- D) Never

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

- A) No more than one serving per day (women) or two servings per day (men)
- B) Three to four servings per day
- C) More than four servings per day

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When eating, I fill my plate at least two thirds full with plant-based foods (vegetables, fruits, whole grains, and beans):

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

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When cooking or eating a meal, I choose low-fat dairy (1% or skim milk or yoghurt), healthy fats (canola or olive oil), and small servings of meat (70g or less):

- A) Yes – one or more of the above
- B) Sometimes – one of the above
- C) Never – none of the above

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I try to maintain a healthy weight by:

- A) Balancing the amount of activity I get with the amount and nutritional value of the food I eat
- B) Getting diet pills from my doctor
- C) Exercising for several hours each day
- D) Following a strict “diet”

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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

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If I am exposed to second-hand smoke, I:

- A) Remove myself from the situation
- B) Feel embarrassed to say anything, so keep quiet
- C) Open the window
- D) Think second-hand smoke can't hurt me because I am not smoking

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I practice sun safety by planning activities before 11 am or after 3 pm on sunny days, seeking shade, wearing protective clothing and a hat, and applying 30+ SPF sunscreen:

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

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It is important for women to get regular screening for cervical cancer (Pap smears) and breast cancer (mammograms).

- A) True
- B) False

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## How Well Did You Do?

Number of A answers =

If you scored 7 – 10 points, congratulations! You have some great lifestyle habits and are avoiding risk factors that can cause many chronic diseases, including cancer.

Good going! If your score is between 5 – 6, you are getting some benefits from your lifestyle but there are some areas for improvement.

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 A answers and see where you could make some changes. Use the SMART goal chart on the other side to help you get started and to keep on track.

