

## Examples of Crawl, Walk, Run Goals

Following are several suggested SMART\* goals to give you an idea for how you might break bigger goals into achievable actions. Starting small can be motivation to stick with it. And after you feel a positive difference from a newly forming habit, you can gradually build to levels that help you feel even better.

Crawl (1–4 weeks)	Walk (5–8 weeks)	Run (9+ weeks)	Why (the benefits)	Overall Goal
Limit amount of “added sugar” in your diet to fewer than 35 grams daily.	Limit amount of “added sugar” in your diet to fewer than 25 grams daily.	Cut all “added sugar” from your diet.	Reduce cravings, reduce pain in joints and lessen risk of developing inflammation-related diseases.	Feel healthier. Be inspired to do more activities that promote your physical, mental and emotional well-being.
Eat 1 veggie and 1 fruit per day (e.g., carrot and apple)	Eat 3-4 veggies and fruit per day (e.g., carrot and celery, apple and orange).	Eat 5+ veggies/fruits per day (e.g., carrot, celery, kale, avocado, mushrooms, apple, orange, banana, berries).	Promote healthy bowels; lose weight.	
<ul style="list-style-type: none"> <li>• Use olive oil instead of butter or other fats.</li> <li>• Eat 1-2 veggies/fruit per day.</li> <li>• Walk 15 min. per day.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue olive oil.</li> <li>• Eat 2-4 veggies/fruit per day.</li> <li>• Eat fish 1x a week.</li> <li>• Walk 30 min. per day.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue using olive oil.</li> <li>• Eat 5+ veggies/fruit per day.</li> <li>• Eat fish 2x a week.</li> <li>• Walk 60 min. per day.</li> </ul>	Adopt Mediterranean Diet and lifestyle for better overall health; weight loss.	
Do 5 minutes of stretching twice a day.	Do 10 minutes of stretching twice a day.	Do 15 minutes of stretching three times a day.	Promote joint and muscle health and maintain or increase range of motion.	
Lift a 5-pound weight for 10 reps three times a week.	Lift a 5-pound weight for 20 reps every other day.	Lift a 5-pound weight for 20 reps every other day.	Strengthen muscles.	
Begin each morning with 1 minute of deep breathing.	Begin each day with 2 minutes of deep breathing.	Begin each day with 2 minutes of deep breathing.	Increase oxygen levels, promote relaxation.	

*These are general examples for illustration purposes only. Please consult your personal provider before you start a new diet, exercise program or other practice that might impact your health condition.*

\*SMART goals are:

- Specific or Significant.
- Measurable or Meaningful.
- Attainable or Action Oriented.
- Relevant or Rewarding or Realistic.
- Time bound or Trackable.

Find more strategies for setting health goals on our blog

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