


Write down up to three habits and their **SMART** goals, you would like to work on during this monthly challenge. For every day that you complete that habit, check off the corresponding box on the calendar. Keep an eye on the calendar for stars marking important days!

Habit #1

Habit #2

Habit #3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October 11  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	12 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	13 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	14 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	15 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	16 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	17 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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25 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	26 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	27 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	28 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	29 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	31 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
November 1 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	7  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

 **Important Dates:** **10/6 at 12 p.m.** | Join our challenge Kick-Off, where you will be inspired to create healthy habits and learn how to set your own **SMART** Goals.

10/11 | RI WDD Challenge Begins

11/7 | RI WDD Challenge Ends

11/13 at 9 a.m. | 2021 World Diabetes Day Virtual Event



RHODE ISLAND
WORLD DIABETES DAY

Building Healthy Habits with SMART Goals

SMART Goal

- Specific:** What do you want to do?
- Measurable:** How will you know when you've reached it?
- Achievable:** Is it in your power to accomplish?
- Realistic:** Can you realistically achieve it?
- Timely:** When exactly do you want to accomplish it?

Choose up to three habits you would like to work on during the Rhode Island World Diabetes Day Challenge. Construct your habits using the **SMART** Goal check list above!

Healthy Eating

- Eat More Vegetables
- Substitute Whole Grains
- Limit Sugar Intake
- Increase Water Intake
- Other: _____

Healthy Self

- Limit Alcohol
- Monitor Blood Sugar
- Monitor Blood Pressure
- Get Enough Sleep
- Other: _____

Healthy Movement

- Walk
- Stretch
- Strengthen
- Track Your Steps
- Other: _____

Healthy Mind

- Manage Stress
- Journaling
- Positive Thoughts
- Meditate
- Other: _____