

SMART Goals Worksheet

| | Tips | My Goal |
|------------------------|--|---------|
| Specific | <p><i>What am I doing?</i> <i>When am I doing it?</i> <i>Why?</i></p> | |
| Measurable | <p><i>How will you track your progress?</i> <i>Fitness tracker?</i> <i>Class/gym attendance?</i></p> | |
| Action-oriented | <p><i>How will you meet your goal?</i> <i>Do you need to buy comfortable shoes?</i> <i>Join a gym? Find a workout buddy?</i> <i>Move dinnertime back a little?</i> <i>What are the steps you need to take?</i></p> | |
| Realistic | <p><i>Do you feel excited about this goal?</i> <i>Is it true to you, your body and your limits?</i></p> | |
| Timebound | <p><i>Deadline to complete goal.</i> <i>Make it close enough to keep you motivated.</i> <i>Break large goals into smaller pieces.</i></p> | |