

# S.M.A.R.T. Goals

## Learning to set Healthy Goals

In the spaces provided, list the specific goal you want to achieve.

- How do you plan on measuring your progress?
- What are the steps you plan on taking to complete this goal?
- How is obtaining this goal relevant to improving your daily life?
- And finally, specify when you would like to have completed this goal.

# S

**PECIFIC** (What exactly do you want to do?)

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# M

**EASURABLE** (How will you measure progress?)

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# A

**TTAINEABLE** (Are you sure you can do it?)

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# R

**ELEVANT** (Is it important to YOU?)

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# T

**IME** (How long will it take?)

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