

DATE:

S M T W T F S

HEALTH SMART GOALS

SPECIFIC

What do I want to happen?

MEASUREABLE

How will I know when I have achieved my goal?

ATTAINABLE

Is the goal realistic and how will I accomplish it?

RELEVANT

Why is my goal important to me?

TIMELY

What is my deadline for this goal?



FITNESS SMART GOALS



SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME BOUND

