

# MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

## SPECIFIC

What is your goal?

## MEASURABLE

How will you keep track of your progress?

## ATTAINABLE

How will you achieve your goal?  
Make a plan!

## RELEVANT

How will this goal help you?

## TIMELY

When will you achieve this goal?



**My goal is:** \_\_\_\_\_

*e.g. To drink more water! I will aim for 6 cups per day*



**I will track my progress by:** \_\_\_\_\_

*e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner*



**I will achieve this goal by doing the following:** \_\_\_\_\_

*e.g. 1. Keep a clear bottle with me so I can tell how much I've had  
2. Set an alarm to remind myself to drink every 2 hours*



**This goal helps me because:** \_\_\_\_\_

*e.g. This goal will help me to be healthier, have more energy, and help my skin*



**I will complete this goal by (date):** \_\_\_\_\_

*e.g. I will achieve my goal by February 15th*



# SMART GOAL

**Goal:**

**How I will achieve my goal:**

**I will achieve  
my goal by:**

S

M

T

W

T

F

S