What is your health focused SMART Goal?

**S**
Specific
Who, What, Where, When, Why, Which
Define the goal as much as possible with no ambiguous language.
WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?

**M**
Measurable
From and To
Can you track the progress and measure the outcome?
How much, how many, how will I know when my goal is accomplished?

**A**
Attainable
How
Is the goal reasonable enough to be accomplished? How so?
Make sure the goal is not out of reach or below standard performance.

**R**
Relevant
Worthwhile
Is the goal worthwhile and will it meet your needs?
Is each goal consistent with other goals you have established and fits with your immediate and long term plans?

**T**
Timely
When
Your objective should include a time limit. “I will complete this step by month/day/year.”
It will establish a sense of urgency and prompt you to have better time management.

My Goal:

______________________________________________________________________________________
________________________________________________________________________________________________

On the next page please explain how it is a SMART Goal.
Who, What, Where, and Why

What action will you take to reach the goal.

What is your need? Will this help meet it?

When (day, month, year) will it be completed