

S.M.A.R.T GOAL SETTING



SPECIFIC: CLEARLY DEFINE WHAT YOU WANT TO ACHIEVE. FOR EXAMPLE, INSTEAD OF SAYING "GET HEALTHIER," SET A GOAL LIKE "EXERCISE 3 TIMES PER WEEK AND EAT 3 SERVINGS OF VEGETABLES DAILY."



MEASURABLE: USE NUMBERS OR MILESTONES TO TRACK YOUR PROGRESS. FOR EXAMPLE, "LOSE 10 POUNDS IN 3 MONTHS" OR "RUN A 5K BY THE END OF SUMMER."



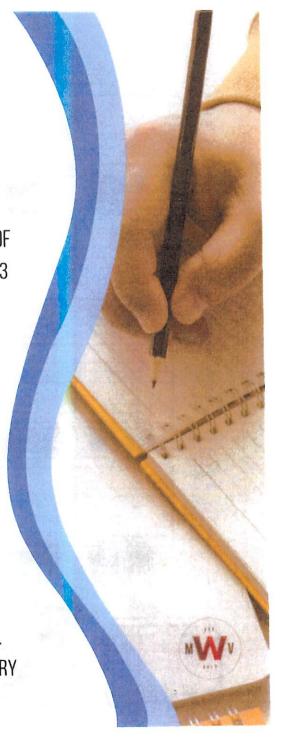
ACHIEVABLE: BE REALISTIC WITH YOUR GOALS BY CONSIDERING YOUR CURRENT LIFESTYLE, COMMITMENTS, AND RESOURCES. START SMALL AND BUILD ON YOUR SUCCESS.



RELEVANT: MAKE SURE YOUR GOAL ALIGNS WITH YOUR VALUES AND LONG-TERM HEALTH PRIORITIES. ASK YOURSELF, "WHY IS THIS IMPORTANT TO ME?"



TIME-BOUND: SET A DEADLINE TO KEEP YOURSELF MOTIVATED AND ACCOUNTABLE. FOR INSTANCE, "I WILL IMPROVE MY SLEEP HABITS BY GOING TO BED BY 10 PM EVERY NIGHT FOR THE NEXT 30 DAYS."





SCAN ME TO LEARN ABOUT CREATING YOUR SMART GOAL!



SCAN ME TO Maximize your Success with Your goal!



SCAN ME TO LEARN HOW TO FILL OUT THE CHART BELOW!

	SUN	MON	TUES	WED	THURS	FRI	SAT	
WEEK 1	P	P	P	P	E	C	C	
WELK	Š	Š	Š	Š	Š	Š	Š	
V *	SUN	MON	TUES	WED	THURS	FRI	SAT	
WEEK 2		C	R	Œ	Œ	C	C	
WEEK 2	Š	Š	Ğ		Š	Š	Š	
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	SUN	MON	TUES	WED	THURS	FRI	SAT	
WEEK 2	SUN	MUN	(TUE3)	WED	THURS	Phi	C	
WEEK 3							- CARROLL -	
WEEK 3	C			C	P	C	C	
WEEK 3 WEEK 4	E Y	R S	C	C &	E &	E 8	& S	