

S.M.A.R.T. Goal Setting Worksheet

Complete the following table by creating a S.M.A.R.T. goal you wish to accomplish over the next four weeks. Set yourself up for success by creating a goal that is achievable.

<p>S</p>	<p>SPECIFIC: Give the who, what, when, where and how of your goal. Example: <i>To improve my health by walking.</i></p>	
<p>M</p>	<p>MEASURABLE: How will you measure your progress? Establish set criteria for determining your progress. Example: <i>To walk for 30 minutes, five times a week.</i></p>	
<p>A</p>	<p>ATTAINABLE: Can you achieve your goal in your timeframe? Perhaps, instead of vowing to walk for five days a week, shoot for one or two more days than you currently do. Example: <i>To walk for 30 minutes, three days a week around the neighborhood.</i></p>	
<p>R</p>	<p>REALISTIC: Make sure your goal is something that you're willing and able to work toward. Example: <i>To walk for 30 minutes (15 minutes during each rest break), three days a week around the neighborhood.</i></p>	
<p>T</p>	<p>TIME-BASED: Set a deadline for when you want to achieve your goal. Give your goal a deadline. Example: <i>To walk for 30 minutes (15 minutes during each rest break), three days a week around the neighborhood for one month.</i></p>	