

# SMART Goals

<b>S</b> pecific	Know exactly what you are wanting to accomplish.
<b>M</b> easurable	How will you know you met your goal?
<b>A</b> chievable	Make sure your goal is not too far to reach, but far enough to be challenging.
<b>R</b> elevant	Link the goal to something important to you; something that inspires you.
<b>T</b> imely	When do you want your goal to be met?

**Your Wellness SMART Goal:**

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**Your SMART Goal Progress:**

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**Did you accomplish your SMART Goal? What was your biggest obstacle?**

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