



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. Here are some tips!

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| <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> | |