

SMART GOALS

WHAT ARE THEY?

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

EX: "I WILL LOSE 15LBS OF FAT IN 3 MONTHS BY EATING A BALANCED DIET, CONSISTING OF LEAN PROTEINS, WHOLE GRAINS, AND PLENTY OF FRUITS AND VEGETABLES, AND HEALTHY FATS."

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN WILL I ACCOMPLISH THIS GOAL?	

SMART GOALS ACHIEVEMENTS

WE ARE HERE TO HELP YOU SUCCEED! IN DOING SO, WE ASK THAT YOU TAKE A SECOND TO THINK THROUGH WHY YOU DECIDED TO START THIS PROGRAM BEFORE YOU BEGIN. YOUR REASONS WHY SHOULD BE A REMINDER THROUGHOUT YOUR PROGRAM AND ENCOURAGE YOU TO FINISH STRONG!

YOUR REASONS WHY

1. _____
2. _____
3. _____
4. _____
5. _____

AS YOU ADVANCE THROUGH THE PROGRAM, IT'S IMPORTANT FOR YOU TO SEE AND FEEL YOUR SUCCESSES, TOO. DOCUMENT THEM HERE! EVEN YOUR "SMALLEST" ACHIEVEMENTS ARE REASONS TO CELEBRATE!

SUCCESSES TO CELEBRATE

1. _____
2. _____
3. _____
4. _____
5. _____