

# SMART Goals

Write down your goals, fitness and in your life. Write in each box so your goals are; **S**mart, **M**easurable, **A**ttainable, an **R**easonable. Make sure to add a **T**ime to complete. Ie, 3 months or a date, June 1st.

Goal	M	A	R	Time Frame/ Deadline

**See Page 2 for SMART explained in detail.**

# SMART stands for specific, measurable, attainable, realistic and time-based. Follow along with the information below as you set your SMART goals:

## Specific

What you want to achieve and how you'll do it

### Examples:

Not specific: To exercise

Specific: To get in shape by walking

Ask yourself: What do I want to accomplish? How will I do it?

## Measurable

How you'll know when you've reached your goal

### Examples:

Not measurable: To walk often

Measurable: To walk for 30 minutes, 5 times a week

Ask yourself: How much? How often?

## Attainable

That your goal is possible

### Examples:

Not attainable: To walk 5 miles in 30 minutes

Attainable: To walk 1 ½ miles in 30 minutes

Ask yourself: Can I do this?

## Realistic

That your goal is appropriate for you

### Examples:

Not realistic: To walk for 2 hours every day

Realistic: To walk for 30 minutes every day

Ask yourself: Am I willing to work towards this goal? Do I have the skills and resources I need?

## Time-Based

When you plan to reach a goal

### Examples:

Not time-based: To walk 5 times a week until I feel fit

Time-based: To walk for 30 minutes, 5 times a week for a month

Ask yourself: When will I achieve this?

## Other Examples

A good goal: To eat healthier

A SMART goal: I will eat at least two servings of fruit every day for the next month.

A good goal: To get more sleep

A SMART goal: I will go to bed by 10:30 pm every weeknight for the next two weeks.

A good goal: To drink more water

A SMART goal: I will have water with lunch, instead of my usual soda, every day this week.

A good goal: To work out

A SMART goal: I will go to the gym at least three times a week for the next month. Each time, I will do at least 30 minutes on the elliptical.





otical or treadmill.