

MAKE YOUR GOALS



Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

SPECIFIC

What is your goal?

MEASURABLE

How will you keep track of your progress?

ATTAINABLE

How will you achieve your goal?
Make a plan!

RELEVANT

How will this goal help you?

TIMELY

When will you achieve this goal?

S My goal is: _____

M I will track my progress by: _____

A I will achieve this goal by doing the following: _____

R This goal helps me because: _____

T I will complete this goal by (date): _____