

TIME BOUND



RELEVANT



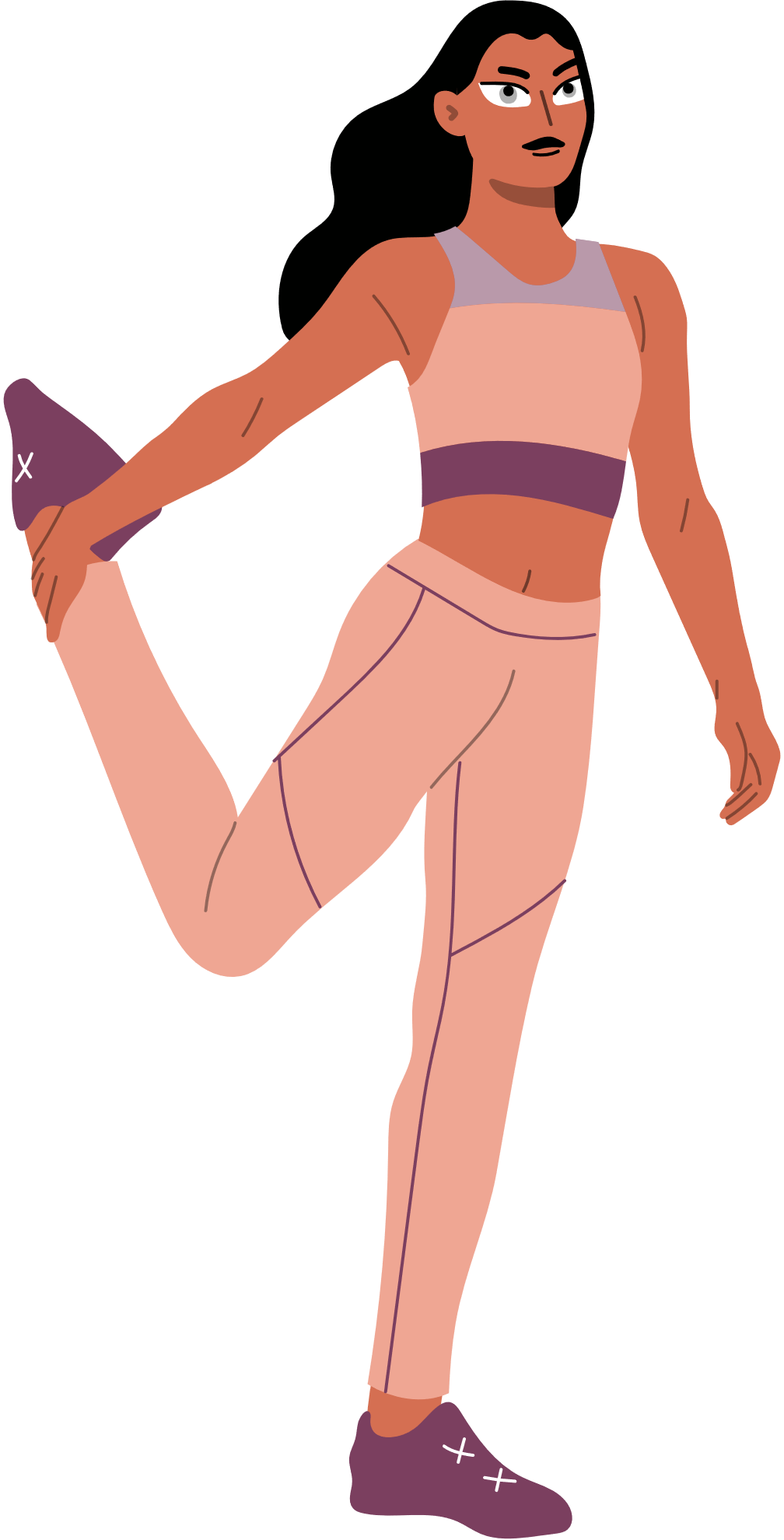
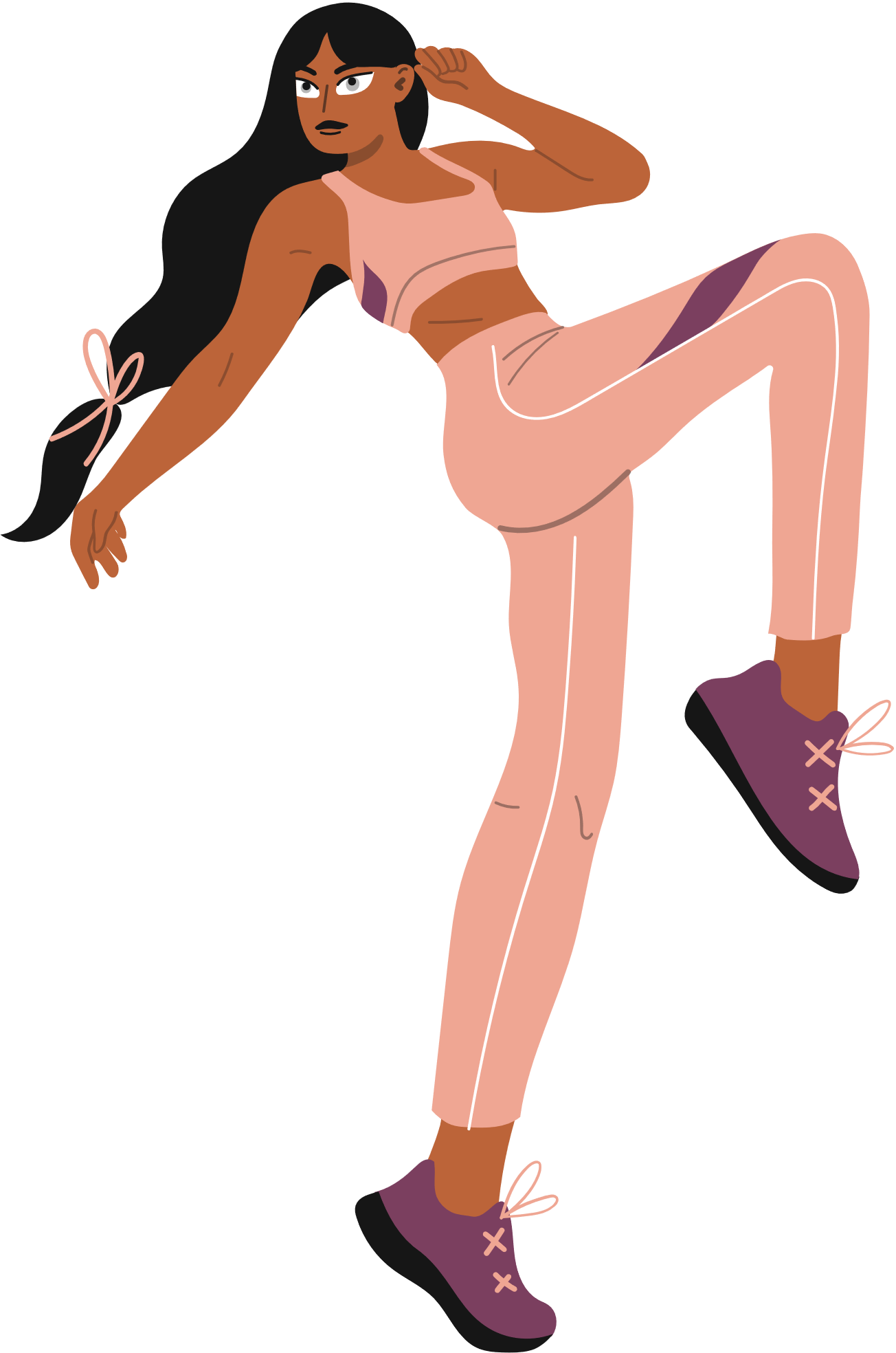
SPECIFIC



MEASURABLE



ACHIEVABLE



FITNESS

smart goals