SPECIFIC

*What do I want to*

*happen?*

MEASUREABLE

*How will I know when I have achieved my goal?*

ATTAINABLE

*Is the goal realistic and*

*how will I accomplish it?*

RELEVANT

*Why is my goal*

*important to me?*

TIMELY

*What is my deadline*

*for this goal?*



HEALTH SMART GOALS

DATE:

S

M

T

W

T

F

S

