

SMART GOALS

for weight loss



Your goals should be SPECIFIC. What exactly do you want to accomplish? Saying "I want to lose weight" is not specific enough. How much weight do you want to lose? How will you do it? An example: "I will lose 10lbs by Christmas time by exercising 5 times per week and eating correct portion sizes."

S

M

Your goals should be MEASURABLE. How are you going to track your progress or measure your success? Will you be weighing in? Will you be taking your body fat?

A

Your goals should be ACHIEVABLE. Will you be able to achieve your goal? Is it attainable? Do you have the resources and/or time to dedicate to your goal? Wanting to lose 10lbs in 6 weeks might sound great, but is it achievable?

R

Your goals should be RELEVANT. Your goal should be relevant to you and your interests. You want to choose goals that fit in with your lifestyle.

T

Your goals should be TIME-BASED. When do you want to accomplish your goal by? Set a specific date.

Note: Delete the explain text and write down your goal.