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| **SMART GOALSFOR WORKOUT** | **GOAL TITLE** |
| Lose 10 lbs. in two months. |
| **OWNER** | **DATE** |
| John Smith | mm/dd/yyyy |

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| Add your goal using the outline below, then use SMART process to determine the characteristics of your objective. |

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| **SPECIFIC:** |  |
| What> What> When" Where? Why? What? | To lose 10 lbs. in two months from 180 lbs to 170 lbs. |
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| **MEASURABLE:** |  |
| Metrics and milestone. How much> What percentage? | Monitor weight daily to check progress. Should be able to lose 1.3 lbs each week. If result is not within the target. Review goal and adjust accordingly. |
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| **ACHIEVABLE:** |  |
| DO you have skills and resources to accomplish this goal? | Do workout in the gym every Monday, Wednesday and Friday. |
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| **RELEVANT:** |  |
| Does it fit with your overall objectives? | The objective to get fit for the marathon to be held two months from now. |
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| **TIME-BOUND** |  |
| Intermediate and final deadline. | By mm/dd/yyyy, my total weight should be 170 lbs. or more. |