

SMART GOALS FOR WORKOUT

GOAL TITLE	
OWNER	DATE

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

SPECIFIC:	
What> What> When" Where? Why? What?	

MEASURABLE:	
Metrics and milestone. How much> What percentage?	

ACHIEVABLE:	
DO you have skills and resources to accomplish this goal?	

RELEVANT:	
Does it fit with your overall objectives?	

TIME-BOUND	
Intermediate and final deadline.	