

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.	