

## **SMART Goals:**

**S:** Specific – defined and clear goals for yourself and others to understand

**M:** Measurable – Must be able to track your goal from beginning, middle and the end result with a set timeline that is obtainable.

**A:** Attainable – Make sure your goal is reasonable and possible to ensure success

**R:** Realistic – With your lifestyle and using the tools you have, can your goal be reached?

**T:** Time Oriented – How much time do you have to achieve your goal?

	<b>Goal *</b>	<b>Action Steps</b>	<b>Time Line</b>	<b>Barriers</b>
<b>Goal #1</b>				
<b>Goal # 2</b>				
<b>Goal #3</b>				

\* Goals can pertain to weight loss, strength, nutrition, flexibility or even how many times a week you would like to train.