

# S.M.A.R.T Goals

SPECIFIC	MEASURABLE	ACTION ORIENTED	REALIST	TIME BOUND
<ul style="list-style-type: none"> <li>Specific goals have a much greater chance of being accomplished than a general goal.</li> <li>Ask Who? What? Where? When? Which?</li> </ul>	<ul style="list-style-type: none"> <li>How are you going to measure your success? (time, amount, cups, days, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Your goal must be something you do or change</li> </ul>	<ul style="list-style-type: none"> <li>Start small and be honest with the amount of change you are able and willing to make</li> </ul>	<ul style="list-style-type: none"> <li>There should be a time that you assess your success (monthly, weekly, daily)</li> <li>The frequency should be included in your goal</li> </ul>

General Goal: Get in shape/ lose weight

SMART goal: I will eat 3 servings of vegetables every day

**What are your goals?**

General Goal: \_\_\_\_\_

SMART Goal: \_\_\_\_\_

General Goal: \_\_\_\_\_

SMART Goal: \_\_\_\_\_

General Goal: \_\_\_\_\_

SMART Goal: \_\_\_\_\_

# S.M.A.R.T Goals

Goal Week 1:

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Goal Week 2:

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Goal Week 3:

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Goal Week 4:

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Goal Week 5:

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Goal Week 6:

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