



Goal Setting Worksheet

Set a **SMART** Goal

Specific– Answer what, where, how and when

Measurable– How will your goal be tracked or measured?

Action-oriented– Include the actions you will take

Realistic– Make it challenging, but reachable

Time specific– When would you like to meet your goal?

What Does a **SMART** Goal Look Like?

Normal: I will exercise.

SMART: I will walk 10 minutes, three days a week.

Normal: I will eat more fruits and vegetables.

SMART: I eat a fruit or vegetable at every meal and journal it for 1 month

What is Your Motivation?

What is Your **SMART** goal?

