

SMART GOAL SETTING WORKSHEET

Name: _____

1. What is the goal?

2. Why is the goal important to you?

3. **SMART** goal check list

Specific: Is the goal clearly written? Is it clear what needs to be accomplished and any support that may be expected?

Measurable: Does the goal answer the question of inches lost, fitness gained, health improvements?

Achievable: Can you get all the support needed to achieve the goal by The target date? Do you have all the resources needed to achieve the goal? Are the results expected achievable?

Relevant: Does the goal make a difference in your life? Is it going to Make an improvement to your health & fitness? Is it going to significantly Make a difference to your lifestyle?

Timescale: Does the goal state a clear and specific completion date?

4. List potential problems that might keep you from completing your goal.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____

5. Goal Completion Date

Goal One: _____

Date Completed: _____

Goal Two: _____

Date Completed: _____

Goal Three: _____

Date Completed: _____

Goal Four: _____

Date Completed: _____

Goal Five: _____

Date Completed: _____

