

# SMART Goal Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Think about a health-related goal that you would like to set for yourself. Answer the questions below to make sure your goal is a SMART goal. Then, you can make a plan to reach your goal and track your progress each day.

**Specific:** What exactly do I want to do?

**Measurable:** How will I track my progress? How will I know when I have reached my goal?

**Attainable:** With hard work, is it possible for me to reach my goal?

**Relevant:** Why am I doing this? Is it important to me?

**Timely:** When will I complete my goal?



What is my plan for reaching my goal?

What are possible barriers to reaching my goal?

What are solutions to the possible barriers?

Who can I can go to for help if needed?



Track my progress toward my goal:

