

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 your plan for reaching your goal?

What are possible barriers to reaching your goal?

What are solutions to the possible barriers?

Who can you can go to for help if needed?



Track your progress toward your goal:

