

# 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?

Track your progress toward your goal:

