

**S**      **M**      **A**      **R**      **T**  
SPECIFIC      MEASURABLE      ATTAINABLE      RELEVANT      TIMELY

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

**S** My goal is .....  
SPECIFIC

**M** I will track my progress by .....  
MEASURABLE

**A** I will achieve my goal by doing the following: .....  
ATTAINABLE

**R** This goal helps me because .....  
RELEVANT

**T** I will complete this goal by (date): .....  
TIMELY