

|                                      | Goal  |  |             |   |            |
|--------------------------------------|---|--|-------------|---|------------|
| Definition                           | Specific  | Measurable   | Attainable  | Relevant  | Time Based |
| What is it that you want to achieve? | What?<br>What?<br>Why?<br>Where?<br>When?   | How much?<br>How often?<br>How many?   | Achievable? | Is it important to what you want to achieve ultimately? | By when?   |
| lose weight                          | Join<br>Exercise over the next<br>few months to lose<br>weight because medical<br>tests that I am<br>overweight.<br>Exercise at local gym and<br>at home. | Exercise 3 times a<br>week for an hour,<br>twice at the gym and<br>once at home. Lose 5<br>pounds in 3 months. | Yes         | Yes   | 3 months   |
| lose weight                          | Eat a healthy diet<br>at home and at the<br>office.   | Eat three healthy<br>meals a day. No<br>snacks in between<br>meals.  | Yes         | Yes   | 3 months   |