

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