

| | GOALS | | | | |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------|---------------------------------------------------------|------------|
| INTENTION | SPECIFIC | Measurable | Attainable | Relevant | Time Based |
| What is it that you want to achieve? | Who? 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 | Susan. Exercise over the next two months to lose weight because medicals show 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 kilos in 2 months. | Yes | Yes | 2 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 | 2 months |