

SMART GOALS

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

SPECIFIC - What is your goal?

M

MEASURABLE - How will you keep track of your progress?

A

ATTAINABLE - How will you achieve your goal? Make a plan!

R

RELEVANT - How will this goal help you?

T

TIMELY - When will achieve this goal?