

Smarter Band Goals

Create a personal goal for yourself for 2nd trimester.

Name: _____

Date: _____

Goal: **SMART, SPECIFIC 2nd**. Make sure to write it in simple steps. (Share only with the Monitor)

MNEMONIC		DESCRIPTION	PLAN
S	SPECIFIC	What do I need/want to improve on?	
M	MEASURABLE	How much? How often? How many?	
A	ACTIONS	What will I DO to reach my goal?	
R	REALISTIC	Is it attainable? Realistic? Is, can I do this?	
T	TIME FRAME	How long will it take me?	
E	ENJOYABLE	How can I make it enjoyable so I don't quit? How will I celebrate when I meet my goal?	
R	RESOURCES	Who or what will help me be successful?	

I commit to this goal: _____