

Name:

Date:

SMART GOALS

What is your goal?

Is your goal:

☐

Specific?

☐

Measurable?

☐

Attainable?

☐

Realistic?

☐

Time bound?

Use each box to explain how your goal is SMART.

S

Specific

M

Measurable

A

Attainable

R

Realistic

T

Time-Bound