

SMART Goal Example

Goal Statement:

"I will lose 1-2 pounds per week over the next 12 weeks by tracking my weight every Sunday morning using a scale, recording my daily food intake and exercise in a journal, and reviewing my progress weekly to make adjustments if needed."

This version ensures your goal is:

- **Specific:** Focuses on weight loss, tracking via a scale, and journaling food and exercise.
- **Measurable:** 1-2 pounds per week.
- **Achievable:** A realistic and healthy target.
- **Relevant:** Aligns with your health goals.
- **Time-Bound:** Set over 12 weeks with weekly check-ins..”

Use the following SMART Goal Setting Worksheet to clearly define and work towards your objectives. Stay focused, track your progress, and celebrate your achievements along the way!

SMART GOAL

PLANNER

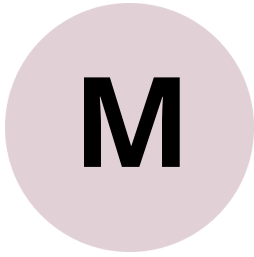
Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART).

Break it into actionable steps, each with its own deadline.



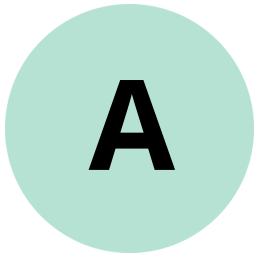
Specific

What exactly do you want to achieve?



Measurable

How will you track your advancement?



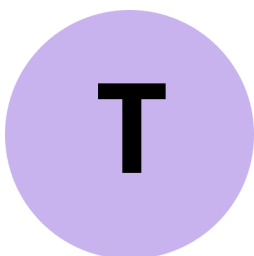
Attainable

Evaluate the feasibility of your goal.



Relevant

How does it fit into your broader objectives?



Time-bound

What is the deadline?