

SMART GOAL SETTING



Set SMART goals to make your thoughts more clear, concentrate your efforts, make efficient use of your time and resources, and accomplish your fitness goals!

SPECIFIC	S	What fitness goal do you wish to achieve?

MEASURABLE	M	How will you know once you achieve this goal?

ACHIEVABLE	A	Is this goal something you have control over?

RELEVANT	R	Why is this goal applicable to your life?

TIME-BOUND	T	When do you wish to achieve this goal by?

