

Setting SMART Goals

Physical activity

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Emotions and behavior

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Stress and relaxation

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Family and friends

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Leisure and recreation

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Work

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Medication

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____

Goal: _____

When I want to achieve it: _____

How I'm going to do it: _____

How I'm going to measure it: _____