



## SMART GOALS

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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**Specific:** What exactly will you accomplish?

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**Measurable:** How will you know when you have reached this goal?

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**Achievable:** Is achieving this goal realistic with effort and commitment? Have you the resources to achieve this goal? If not, how will you get them?

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**Relevant:** Why is this goal significant in your life?

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**Timely:** When will this goal be achieved?

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## SMART GOALS

### COMMITMENT

1. How important to you is it that you achieve the goals above?

Not very  Somewhat  Very  Extremely

2. What areas are you willing to work on to achieve these goal(s)?

Exercise  Nutrition  Stress / Mood

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### MOTIVATION

In your experience which phrase best describes your motivation levels?

- I am self-motivated
- I find exercise easier to stick to if I have a partner
- I find exercise easier with regular appointments
- I usually experience some problems staying motivated
- I need constant motivation