

SMART Goals Worksheet

- Nutrition goal
- Activity goal

Date: _____

Specific—State your short-term SMART Goal:

What?	Who with?
When?	Where?
Why?	How?

Measurable—Does your goal have a “number” so you can tell how close you are to reaching your goal? Fill it in below.

How much?	How many?	How often?
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Appropriate—How do you feel about trying to reach this goal?

Does this goal lead to your long-term goal? Yes No

Realistic—Do you have the time, equipment, transportation, support, and other resources you need to reach this goal? Yes No

Will it be too easy or too hard to reach this goal?

Yes No, just the right amount of difficulty

Timely—What is the date on which you will start working on your goal?

What is the date on which you plan to complete it? _____

Can you meet these dates? Yes No

What is the reward you'll earn by meeting this goal?

To be filled in after the date you planned to complete your goal:

Did you meet your goal? Yes No

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