

## SAMPLE SMART GOAL WORKSHEET

SMART Definitions	Questions to Ask	Pieces of My Goal	My Steps to Take
<b>Specific:</b> goals should be detailed, include what you want to achieve and why.	Who? What? When? Why?	I want to run the mile in under 10 minutes, so I can improve my aerobic capacity	I will start with one-lap and record times. Then, I will move to two laps, three laps, and finally 4 laps until the run becomes comfortable and my time starts to decrease.
<b>Measurable:</b> goals need criteria to help you measure progress - like amount or frequency.	How much? How often? How many?	I will run one lap twice a day for one week. I will run 2 laps 3 times a week for one week. I will run 3 laps 2 a week in the afternoons. I will run 4 laps once a week.	I will warm-up before each run and cool down after each run. I will record times for each run in my running journal.
<b>Attainable:</b> goals should be challenging, but within reach.	Do I have the talent, ability, and resources to get what I want?	I am capable of doing the runs, but I need to practice and journal for accountability.	I will run with a friend when possible, so they can time me.
<b>Relevant:</b> goals should relate to your circumstances and meet your current and future needs.	How would reaching this goal affect my life now and in the future?	Running will help me improve my aerobic capacity,	I can practice each day and get better, which will improve my fitness and overall health.
<b>Time-based:</b> goals need a set timeline to help you keep moving forward.	How much time can I give to reaching my goal?	I will give myself 3 months to improve my time to under 10 minutes.	I will commit to doing the runs daily for the first 4 weeks. I will check my times and continue until my time has improved.

**SMART GOAL PRACTICE SHEET**

SMART Definitions	Questions to Ask	Pieces of My Goal	My Steps to Take
<p><b>Specific:</b> goals should be detailed, include what you want to achieve and why.</p>	<p>Who? What? When? Why?</p>		
<p><b>Measurable:</b> goals need criteria to help you measure progress – such as amount or frequency.</p>	<p>How much? How often? How many?</p>		
<p><b>Attainable:</b> goals should be challenging, but within reach.</p>	<p>Do I have the talent, ability, and resources to get what I want?</p>		
<p><b>Relevant:</b> goals should relate to your circumstances and meet your current and future needs.</p>	<p>How would reaching this goal affect my life now and in the future?</p>		
<p><b>Time-based:</b> goals need a set timeline to help you keep moving forward.</p>	<p>How much time can I give to reaching my goal?</p>		