

Goal-Setting the “SMART” Way Practice Sheet

- **Specific** = What exactly do you want to accomplish? Identify a very specific goal that you have for some area of physical activity (behavioral or performance).
- **Measurable** = How will you establish if you’ve met the goal?
- **Action-Oriented** = What are you going to do?
- **Realistic** = Is the goal achievable for you?
- **Timeline** = When will you meet your goal and when will you re-evaluate to see if you’ve met the goal?

Develop a short-term goal (less than 3 months) related to your health and fitness goals.

S: My goal is to

M: How will you measure the above statement to know you’ve achieved it?

A: What will you do to meet the goal? (Be very specific)

R: Is this goal realistic and achievable for you and why?

T: What date do you project you will meet this goal?
