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?

__________________________________________

__________________________________________

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