

SMART GOALS

Use this sheet to think about setting your personal goals and targets (see an example called "Activity Goals" in the Gym) Simple fill in the title depending on what your goal is for – it could be weight loss, exercise, body measurements or whatever you want to achieve. Then write each separate goal in the **SMART** headings. Once your goal has been achieved remember to tick it off the list.

S	SPECIFIC	YOUR GOALS.....	✓
M	MEASURABLE	YOUR GOALS.....	✓
A	ACHIEVABLE	YOUR GOALS.....	✓
R	REALISTIC	YOUR GOALS.....	✓
T	TIME SPECIFIC	YOUR GOALS.....	✓