



# SMART



## Goal Setting

Give the **SPECIFICS** of your goal.

S

How will you **MEASURE** your progress?

M

What **ACTION** will you take to reach your goal?

A

Is your goal **REACHABLE**?

R

By what **TIME** will your goal be achieved?

T

Be sure to check on your progress toward your goal each week to see how you are doing -this will help you stay on track. You may revise your goal as needed.