

Setting My **SMART** Goals



Specific: What exactly will you accomplish?



Measurable: How will you know when you have achieved this?



Attainable: Is this realistic? Do you have resources to achieve this?



Relevant: Why is this goal significant?



Time-based: When will you achieve this goal?

Goal

Lower my cholesterol.

SMART Goal

I'll have oatmeal instead of bacon and eggs on 5 mornings weekly starting on Monday in order to lower my cholesterol.

Today's goals

Date: _____

1.

2.

3.

Who will you ask for help? _____

Follow up in _____

