

S.M.A.R.T Goal Setting Worksheet

My goal is to...

Goal Checklist:

1. Is this goal specific?

Can you identify, who, what, where, when, how.

2. Is this goal measurable

Can I measure or track my goal (distance walked, time spent exercising, etc)?

3. Is this goal attainable?

Do I have access to the resources required to attain this goal?

4. Is this goal realistic?

Is this activity something I am interested in and capable of working towards?

5. Is this goal time sensitive?

This goal has a timeframe and a deadline?