SMART GOAL
SETTING

Set SMART goals to make your thoughts more clear, concentrate your efforts, make efficient use of your time and resources, and accomplish your fitness goals!

SPECIFIC

S — What fitness goal do you wish to achieve?

MEASURABLE

M — How will you know once you achieve this goal?

ACHIEVABLE

A — Is this goal something you have control over?

RELEVANT

R — Why is this goal applicable to your life?

TIME-BOUND

T — When do you wish to achieve this goal by?