



Write a health goal you have in mind. (Contact your Health Coach for support with this step)

S

SPECIFIC

What actionable steps can you regularly take to make that happen?

M

MEASURABLE

How can you measure progress? How will you know if you've successfully met your goal?

A

ACHIEVABLE

Are you able to start taking action today? If not, what do you need to do to allow yourself to start?

R

RELEVANT

Why am I setting this goal? How will this SMART goal get me closer to my overall goals in life?

T

TIMELY

What's the deadline for this goal? There might be short and long-term deadlines.



Review what you have written above, and craft a new goal statement based on your answers. (Be sure to tell your Health Coach your goal so they can support you!)