

Setting S.M.A.R.T. Goals

Specific:

What exactly do you want?

Measurable:

How much or how far?

Action Oriented:

What can you do? What action steps are you going to take?

Realistic:

Should you really lose 15 lbs in a week?

Timed:

Set a date by which you will achieve this goal.

My 3 small fitness goals that will allow me to succeed in my over goal are:

1. _____

2. _____

3. _____

Overall Fitness Goal:

These tips are meant for informational purposes only. The information provided here is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

