

Smart Goals Worksheet Example

Specific...What Outcome to you hope to achieve?

I plan on doing back stretches for 10 minutes each day, walk for 15 minutes and set an alarm to move around each hour even for just a moment. and/or I plan on eating 5 fruits and vegetable servings each day and I plan on drinking 8 glasses of water each day.

Measurable...How will you know when you reached it?

I will keep track of my stretches and walking minutes on the fitness app and set a check sheet so at the end of the day I can see how often I moved around. and/or I will keep track of my food and water intake on MyFitnessPal or iphone

Attainable...Is this something that you can reasonably attain? If not, adjust your goals.

In total this will only take me 25 minutes per day and it will take less than a minute to move around each hour. I can even do it when I'm on the phone. I love fruits and veggies and I can drink water, seltzer or tea so this should be a no brainer.

Relevant...Why is this meaningful to you and on a scale of 1-10 how meaningful is it?

Feeling more energetic and being able to move around without pain is a 10 out of 10 in importance.

Timed...How long will you commit to this goal?

I will commit to this goal for one week. I will reevaluate next week and set new goals.