SMART *Goal Worksheet*

Use this worksheet as a guide to writing SMART *goals.*

Part I : Identify your goal

Write your goal in the space below.

Part II: Is your goal SMART?

Evaluate the goal you listed above according to the SMART *criteria. If you can answer "yes" to all of the following questions, your goal is* SMART.

Is your goal…	**Yes**	**No**
Specific (example: Walk daily)		
Measurable (example: Walk at least 15 mins)		
Achievable (example: I have the time, a safe place to walk and someone I could walk with)		
Realistic (example: I walk 4 days a week right now)		
Time-limited (example: within 2 weeks)		

If you answered "no" to any of the criteria above, you may want to consider rewriting your goal. Rewrite your new, SMART goal in the space below.

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