GOAL SETTING

SMARTT GOALS
SMARTT goals can help you reach your goals by keeping them within your reach

**Specific**
What, where, why?

**Measurable**
How much or how many?

**Attainable**
Is your goal within reach?

**Realistic**
Are you willing and able to work towards your goal?

**Time**
What is the deadline?

**Together**
Who is supporting you to achieve your goal? What does that support look like?

GOALS
I want to exercise more

SMARTT GOALS
I will walk for 15 minutes 3 times each week

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