

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