

Setting SMART Goals



Specific
What exactly do you want to achieve?



Measurable
Are you able to track your progress?



Achievable
Is your goal challenging but realistic?



Relevant
Will your goal help you?



Time-bound
When will you achieve your goal?

Goals are things you want to make happen. Setting a SMART goal helps you take a goal that is too vague or unclear and make it clear by breaking it down into smaller steps. Compare these goals to see the difference:

Goal 1: I will drink more water.

Goal 2: I will increase how much water I drink by drinking an 8-ounce glass of water every day before school.

Goal 2 tells you what you're going to do (drink more water), how you're going to do it (add an 8-ounce glass of water), and when you're going to do it (every day before school).

Take this space to set a few SMART goals for yourself.

Healthy Eating SMART goal:

Physical Activity SMART goal:

Healthy Habit SMART goal:

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