



SMART Goal:

My **S**pecific goal is:

I will **M**easure it with:

It is **A**chievable because:

It is **R**elevant to me because:

It is **T**ime-Bound by my first four weeks, which will end on: _____

Key Actions/Habits:

Not the things done by the 80%, but the things the successful 20% do to achieve my four-week goal.

Time Commitment:

What has to change about my schedule to accomplish my four-week goal?

Self:

What do I need to learn, change or start/stop doing to make this work?

People:

What do I need from the people in my life? An accountability partner or a support network? What do I need to communicate to get what I need?

Surroundings:

What about my environment will help me? What will hold me back? Do I need to reorganize, clean or move my work or sleep environment? Will it help to post motivational or informative things around me?

Financial Cost:

What do I need to spend to achieve my four-week goal? Have I budgeted for it? What am I willing to remove from my budget to be able to add this?

Milestones:

What are my weekly MOVE milestones, the weekly fitness goals that will show me I am making progress toward my four-week goal? How will I measure and report/record these milestones?