

# SMART Goals

for Health and Fitness Goals

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Specific: What specific health and fitness goal do you want to achieve?

S

2. Measurable: How will you measure your progress towards this goal?

M

3. Achievable: What actionable steps will you take to ensure that this goal is achievable within your current lifestyle and fitness level?

A

4. Relevant: How does this fitness goal align with your overall health objectives and personal interests?

R

5. Time-bound: What is your target date for achieving this health and fitness goal, and what milestones will help you stay on track?

T