

NAME :

DATE :

Smart Goals FOR WEIGHT LOSS

Specific

What am I going to do? Why is this important to me?

Measurable

How will I measure my success? How will I know when I have achieved my goal?

Attainable

What will I do to achieve this goal? How will I accomplish this goal?

Relevant

Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

Time-Bound

When will I accomplish my goal? How long will I give myself?

NOTE :
