

Name :

Date :

EFFECTIVE WEIGHT LOSS SMART GOALS

SMART Goal Criteria	Your Goal	Do	Don't
SPECIFIC Rather than simply saying, "I'm going to exercise more," you've specified how many calories you'll burn.			
MEASURABLE Your device will track the calories you burn, so you'll be able to clearly know when you succeed.			
ATTAINABLE Since you're already burning 1,000 calories a week through exercise, bumping it up a bit should be manageable. To burn 1,250 calories, you'll need to add about one extra workout.			
RELEVANT Exercise is totally relevant to weight loss! So exercising more fits into your larger weight loss plan.			
TIME BOUND This is your goal for this week. Period. You can choose to pursue this goal again next week, or you can set a new goal. It's easier to commit to a goal.			