

Congrats on making the step to set your own SMART goal! We created this easy printable download for you to use again and again.

Before you get to the worksheet, here's a brief review of what a SMART goal includes.

S = Specific

Make sure your goal is very specific. Not just “eat more healthy foods” or “stop drinking soda.” When do these things happen? How often? Most importantly, if you want to stop a certain habit, what are you going to replace it with?

M = Measurable

How are you going to know you are reaching your goal? By measuring it! There needs to be a way to quantify what you're doing. That could be the number of servings, number of meals, and/or number of days.

A = Attainable

Your goal should be something you feel confident that you will reach. Yes, it should be a bit of a challenge, but if it's too challenging or feels impossible just thinking about it, there is a much less likely chance you'll reach it. Your SMART goal should add fuel to your fire!

R = Relevant

Does this habit and goal feel top priority to you right now? Does it fit into the life you envision for yourself in the future? Take some time to think through your goal and see how it fits into your life.

T = Time-bound

All goals need a deadline. This helps us stay motivated and keeps us accountable. Set a timeline that feels reasonable for you to practice this new habit, but not too far off that you may forget about it!

Good luck!



My SMART goal is:

It is specific because:

It is measurable because:

It is attainable because:

It is relevant because:

It is time-bound because:



SMART Goal Tracking Sheet

My SMART goal is:

Tracker

Date/Day										
X = goal completed										

Date/Day										
X = goal completed										

Date/Day										
X = goal completed										