

CREATE YOUR SMART GOAL



INSTRUCTIONS: When starting a fitness journey, setting SMART goals can significantly increase your chances of success. Follow the steps below to create your own SMART goal. Don't forget to share it with others to keep yourself accountable!

S - SPECIFIC

Describe your goal in specific terms. What exactly do you want to achieve, and how?

M - MEASURABLE

How will you measure or track your progress toward this goal?

A - ACHIEVABLE

Is your goal realistic and attainable? Consider your current abilities and resources.

R - RELEVANT

Explain why this goal is relevant and meaningful to you personally.

T - TIME-BOUND

Set a specific deadline for achieving your goal.
