

SMART Goal Builder Worksheet

Use the prompts below to create a clear, realistic goal you can actually follow through on!

S – Specific

- What exactly are you trying to do? What action will you take, where, and how?
- I will _____ (action – e.g. go to the YMCA, walk daily, cook meals at home)
- How often? _____ (e.g. 3 times a week, every morning, twice daily)
- What kind of activity or method? _____ (e.g. 30 minutes of cardio, resistance training, meal prep)
- Why am I doing this? _____ (e.g. to improve heart health, lose weight, lower stress)

M – Measurable

- How will you track your progress? What are the numbers or milestones?
- I will track my progress by _____ (e.g. weighing in weekly, using an app, logging workouts)
- My measurable goal is _____ (e.g. lose 1 lb per week, complete 12 workouts/month)

A – Achievable

- Can you do this with your current time, energy, and resources? Be honest.
- I can realistically do this because _____ (e.g. I have a gym nearby, I already have time in my schedule)
- I have (or can get) the tools/support I need:
 - ☐ Time ☐ Equipment ☐ Knowledge ☐ Support

R – Realistic

- Does this goal make sense *right now*, in the context of your life?
- This fits my current routine and priorities because _____ (e.g. I'm focusing on my health this season, my schedule allows it)
- I'm not overcommitting because _____ (e.g. 3 days a week is manageable, this won't conflict with work/family)

T – Timely

- What's your timeframe? When will you start and when will you reach your goal?
- I will start on _____ and reach my goal by _____ (dates – e.g. April 15 to September 15)
- My timeline is _____ weeks/months, and I'll check in every _____ (e.g. 5 months total, check in weekly)



Final SMART Goal Statement:

Now put it all together into one clear, motivating sentence:

"I will _____ (what + how often),
to _____ (your "why"),
and I will reach my goal by _____." (date)

Additional Notes:

