

SPECIFIC What exactly do I want to achieve?

Not specific: I want to get fit.

Specific: To prepare for joining the Cross Country team, I want to be able to run a 5K within 3 months from now by training at the gym.

MEASURABLE How can I measure progress and achievement of my goal?

Not measurable: I will run several times a week.

Measurable: I will run three times a week, increasing my mileage by $\frac{1}{4}$ a mile each week. I will start at 1 mile and work up to 3.1 miles. This will take about 10 weeks, or 2 $\frac{1}{2}$ months to achieve.

ACHIEVABLE Is this goal realistic for me? Am I being honest about my limits?

Not achievable: I will be able to run a marathon by next month.

Achievable: I will be able to run 3.1 miles in the next 2 $\frac{1}{2}$ months. This is realistic for me at my current fitness level, age, and health.

RELEVANT Why does this goal matter to me? How does it better my life?

Not relevant: I don't really know why I've set this goal.

Relevant: I have set this goal because I plan to join the Cross Country team at my high school. Achieving this goal will help me feel more confident in my endurance and level of fitness.

TIME-BOUND What deadline have you set to achieve this goal?

Not time-bound: I will achieve this goal whenever I am able to run 3.1 miles.

Time-bound: I will achieve this goal within 2 $\frac{1}{2}$ months, or by ____/____/____.

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Set Your Own SMART Goals

Come up with your own SMART Goal!

SPECIFIC What specific goal would you like to achieve?

MEASURABLE How do you intend to measure progress and achievement?

ACHIEVABLE How do you know this is achievable for you?

RELEVANT Why is this goal important? What is your motivation?

TIME-BOUND When do you plan to achieve this goal by?

Put it all together:

I would like to _____ by the date ____/____/____.

I will measure progress by _____.

I know I can achieve this goal because _____.

The relevance of this goal and my motivation to achieve it is _____.

NAME: _____'s

SMART Goal



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