

Goal Sheet

What does success in this program look like to you?

#1 _____
#2 _____
#3 _____

Goals

1 Month _____

6 Months _____

1 Year _____

SMART Goals - How to write

SPECIFIC - What, when, where, and how will the behavior be done?

MEASURABLE - How much/ how many, how often will you do the behavior?

ATTAINABLE - Set steps low enough to be reached, but high enough to be a challenge.

RELAVENT - Don't try to tackle everything. Just take on what is talked about in this program.

TIME- Does your goal have a specific time frame.