

SET A SMART GOAL

INITIAL GOAL

MAKE IT A SMART GOAL:

S

SPECIFIC

WHAT ACTIONS & BEHAVIORS WILL HELP ME MAKE PROGRESS?

M

MEASURABLE

HOW WILL I TRACK MY PROGRESS? HOW WILL I KNOW I'VE REACHED MY GOAL?

A

ATTAINABLE

WHY IS THIS A REALISTIC GOAL FOR MY TIMEFRAME?

R

RELEVANT

WHY DO I WANT TO ACHIEVE THIS GOAL? WHY IS IT MEANINGFUL?

T

TIMELY

WHEN DO I WANT TO ACHIEVE MY GOAL?

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge