



**POWERPLAY**  
HEALTH & FITNESS

# GOAL-GETTER SMART GOALS

Goal 1:

**Specific** — What do I want to accomplish and why?

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**Measurable** — How will I know when I have accomplished it?

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**Achievable** — How can I accomplish this goal?

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**Relevant** — Is this the right time for me to be working towards this goal?

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**Timebound** — When do I want to accomplish this goal by?

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Goal 2:

**Specific.**

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**Measurable.**

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**Achievable.**

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**Relevant.**

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**Timebound.**

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Goal 3:

**Specific.**

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**Measurable.**

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**Achievable.**

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**Relevant.**

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**Timebound.**

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Goal 4:

**Specific.**

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**Measurable.**

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**Achievable.**

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**Relevant.**

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**Timebound.**

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