

SMART *Goal Setting* WORKSHEET

<b>S</b>	<b>Specific:</b> Is your goal well-defined? Does your goal line up or contradict the Word of God? Is your goal based on the right motive? Examples :Decrease my body fat to 25%, lose 30 pounds, run a 10km race, gain 10 pounds of muscle
<b>M</b>	<b>Measurable:</b> Can you tangibly show how you will meet your goal? Examples: Improvement in distance walked or jogged, improvement in repetitions of an exercise, decreased waist measurement, decreased body fat, increased muscle mass, decreased number on the scale
<b>A</b>	<b>Attainable:</b> Can I see myself achieving this goal?
<b>R</b>	<b>Realistic and Relevant:</b> Is the goal too difficult to reach? Too Easy? Are your goals in line with your Christian values and based on something that is possible based on your current lifestyle?
<b>T</b>	<b>Time-constrained:</b> What is the date that I expect to achieve my goal?

**Based on the above, my goal is:**