

Name: _____

Directions: Describe each suggestion to set goals.

Setting Healthy Goals



S	Make it specific	What do you want to accomplish?
M	Make it measurable	How will you know you've accomplished your goal?
A	Make it attainable/achievable	What action will you take to achieve it?
R	Make it realistic/Relevant	Is this goal worth working hard to accomplish?
T	Make it timely	How long will it take to achieve this goal?

Write your goal as a complete objective.
