## SMART GOALS

NAME:

	Read the goal	
	"My goal this year is to be healthier"	
	MAKE THIS GOAL MORE SPECIFIC	
	WRITE AN EXAMPLE OF AN ATTAINABLE PLAN AND AN UNATTAINABLE PLAN FOR IT	
	WRITE AN EXAMPLE OF A RELEVANT PLAN AND AN IRRELEVANT PLAN FOR IT	
	MAKE A TIME FRAME FOR THE PLAN	
<b>₩LIVEWORKSHEETS</b>		