

Name: _____

Directions: Describe each suggestion to set goals.

Setting Healthy Goals



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

Write your goal as a complete objective.
