



# SMART Goal Worksheet

Now that we're a few weeks into January, you probably have a good idea of what you want to resolve to accomplish this year, and more importantly, why you want to do it. Now it's time to make sure your goal is SMART. What do we mean by this? It should be Specific, Measurable, Attainable, Realistic, and Timely.

| S   | M  | A   | R  | T   |
|---|--|---|--|---|
| SPECIFIC<br>Who? What?<br>Where? Why?     | MEASURABLE<br>How will you track<br>your progress?                                       | ATTAINABLE<br>How will you<br>achieve this goal?  | REALISTIC<br>How does this<br>goal help you? | TIMELY<br>When will you<br>achieve this goal? |
| <i>This year I'd like to Sleep Better</i> | <i>Through my fitness tracker's sleep function and daily logging in my sleep journal</i> | <i>By getting 150 minutes of physical activity weekly to ensure I'm tired + aiming for 8.5 hrs of sleep daily</i> | <i>To have more energy throughout my day</i> | <i>By December 31<sup>st</sup>, 2019</i>      |

**My SMART Goal:**