

The Goal Setter

GOAL OF THE MONTH:

Start date:

Reach goal by:

3 challenges you face:

1

2

3

3 ways to overcome those challenges:

1

2

3

MOTTO OF THE MONTH:

The Goal Setter

Specific:

Include as much detail as you can about your goals.
Who, what, where, when, how?

S

Measurable:

How will you be measuring and tracking your progress?
(eg, photos, measuring tape, strength, habit tracker, scale, etc)

M

Attainable:

Are you able to reach your goal?
Why do you think you can do it?
Why is your goal important to you?

A

Relevant:

Does your plan match your outcome?
Is your plan easy to follow?
Is it sustainable for a long term change? Think lifestyle forever!

R

Timeline:

What is your deadline? Is it a realistic time frame?

T

MOTTO OF THE MONTH: