

My SMART Goal Planner

S

Specific

Exactly what do I want to achieve?

M

Measurable

How can I measure my progress for achievement?

A

Action-Based

What steps do I need to take to meet my goal?

R

Realistic

Small, achievable steps

T

Time-Based

Include duration, dates, and deadlines for each goal

Physical Activity Goal Statement: My SMART goal is

Action Steps: To accomplish my SMART goal, I will

1.

2.

3.

Nutrition Goal Statement: My SMART goal is

Action Steps: To accomplish my SMART goal, I will

1.

2.

3.

Stress Reduction Goal Statement: My SMART goal is

Action Steps: To accomplish my SMART goal, I will

1.

2.

3.

REFLECTION: AH-HA'S AND KEEPERS

What were your “new knowledge” moments (Ah-ha’s) and your “that’s worth remembering” moments (Keepers)?

Ah-ha’s:

Keepers:

Reflect on your policies, practices, and learning environments to identify what you or your program are already implementing that are in alignment with the content and concepts included in this module.

What I’m Already Doing:

Based on content and concepts included in this module, think about what else could be added or initiated by you or your program. What ideas could be initiated immediately with no new resources, and then list what could be initiated if you had additional resources.

What I Could Add/Try Tomorrow:

What I Could Add With Additional Resources: