



## SMART Check

**S** ✓  
 Specific

**M** ✓  
 Measureable

**A** ✓  
 Achievable/Attainable

**R** ✓  
 Relevant/Realistic

**T** ✓  
 Timebound

R1 Topic

Discovery Card

Model Category

Values

 Health -  
 Not being sick physically or mentally

Security

**GOAL:**

Walk for an hour three days per week

**Benefits:**

My goal will help me by...

 Increase my energy. Build more discipline into my day.  
 Feel better about myself.

**Measure:**

I will know I've reached my goal when...

 I form a habit where I enjoy walking a minimum of  
 twelve days each month.

**My Action Steps:**

- Find walking shoes and clothes to wear
- Set a time and distance goal for each week.
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**My Strengths to Leverage:**

- Clothing
- Communication Skills

**My Resources:**

- Community park walking paths
- Local high school track

**My Support Network (People):**

- Juan
- David

**Timeline (By When)**
**First Step:**  
 Start walking  
 this Saturday

**Date:** 01/06/24

**Goal Date:**  
 3 days per week  
 by June 1

**Completed:** ✓

**Notes:** Go for it. Remember what it felt like when you did this 3 years ago.  
 Made all the difference for my physical health and mental positive outlook.