

SMART Goals

•	My Goal		
	Step 5 Time-Based When do I want to reach my goal?	Anticipated barriers:	Supports I know I will need:
	Step 4 Relevant Will this goal help me reach my long-term goals?	Anticipated barriers:	Supports I know I will need:
	Step 3 Attainable How can this goal be met?	Anticipated barriers:	Supports I know I will need:
	Step 2 Measurable How will I know when I reach my goal?	Anticipated barriers:	Supports I know I will need:
Start nere:	Step 1 Specific What do I want to achieve?	Anticipated barriers:	Supports I know I will need:

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Start here!

SMART Goals

I will set a timer on my phone and take a 30-minute walk around campus on my lunch break on Monday's, Wednesday's, and Friday's starting next week as I begin to prepare for my weeklong hiking trip in 6-months.

	Step Time-Ba When do want to re my goa	sed week to prepare for my hiking trip in	Anticipated barriers:	Supports I know I will need:	
	Step 4 Relevant Will this goal help me reach my long-term goals?	I want to increase my physical activity in order to prepare for my weeklong hiking trip	Anticipated barriers: Being too fired to take a walk 	Supports I know I will need: A Friend or co-worker to walk with or headphones so I can listen to music on my walk	
Att Ho	take take	use my 30-minute lunch From 12-12:30pm to a walk around the us where I work	Anticipated barriers: Forgetting to take a walk at lunchtime if I get busy	Supports I know I will need: Setting a reminder on my phone to take a walk at noon on Mondays, Wednesdays, and Fridays	
Ste Measu How wil when I my g	l I know reach	a timer on my phone to 1 long my walks are	Anticipated barriers:	Supports I know I will need:	
Step 1 Specific What do I want to achieve?	I will take a 30 Monday, Wedn	9-minute walk every esday, and Friday	Anticipated barriers: Rain or other bad weather	Supports I know I will need: An extra umbrella and jacket in case it is raining or snowing	

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