

SMART Goals

Short-Term Goal

Develop a goal using the SMART Method

- **S = Specific** = What exactly do you want to accomplish? Identify a very specific goal that you have for some area of physical activity (behavioral or performance).
- **M = Measurable** = How will you establish if you've met the goal?
- **A = Attainable/Acceptable/Action Oriented** = What are you going to do – what action will you take?
- **R = Realistic** = Is the goal short term, relevant, appropriate?
- **T = Timely** = When will you meet your goal and when will you re-evaluate to see if you've met the goal?

SPECIFIC: (My goal is to...)

MEASURABLE: (Explain how you will measure your specific goal to know if you've achieved it.)

ACTION ORIENTED: (Explain exact steps you will take to meet this goal. Accept Responsibility Here)

REALISTIC: (Explain why you feel this is a reasonable goal for you to achieve.)

TIMELY: (What date do you expect you will you meet your goal?)

Why do you want to accomplish this particular goal?

Weight lost commit

1. "I commit to exercise for a total of _____ (example 5) hours per week, _____ (example 3) of those hours with my personal trainer, for the next _____ (example 12) week."
2. "I commit to missing no more than _____ (example 10%) of my scheduled exercise sessions for the next _____ (example 12) week."
3. "I commit to eating breakfast _____ (example every day) for the next _____ (example 12) weeks."
4. "I commit to reducing my total calorie intake by _____ (example 500) per day for the next _____ (example 12) weeks."
5. I commit to only eating 'junk food' during _____ (example 1) scheduled 'free meal' each week."

Client Signature: _____ Date: _____

Trainer signature: _____ Date: _____