

SMART-R Goal

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Specific

How are you going to reach this goal?

Measurable

*How will you be able to measure your goal
and the progress towards it?*

Attainable: *Will you be able to achieve this goal
with the specifics and measures you have set for yourself?*

Relevant: *Does this goal actually matter to you?
Would it better your life if you reached it?*

Timely

*How soon is it attainable and realistic for
you to achieve this goal?*

Reward

*When you reach your goal, how will you
reward yourself in a healthy way?*