

Your SMARTER Goal Plan

My End Goal is: _____

My Intermediate Goal is: _____

Specific

Define Your Goal

Measurable

Determine the Magnitude in Terms of Kg, \$, Lit, Miles, Km, etc.

Actionable

List what you can do today or the resources available to you, i. e. Equipment, \$, Skills, Friends, etc.

Relevant

Ask yourself if it's consistent with your WHY and helps you reach your end goal

Time-bound

__/__/__

Set a Deadline

__/__/__

Assess Your Performance - Set Milestones

Evaluate

Reward Yourself at Each Milestone

Reward
