

**BONUS
DOWNLOAD**



S.M.A.R.T **GOALS**

Setting Sustainable
Attainable Goals

WITH WENDY NICHOLSON

S.M.A.R.T. Goals



Tips and strategies...

Let's Get S.M.A.R.T.

Having S.M.A.R.T. goals helps in everyday life when we are wanting to achieve something.

The same goes for health and weight loss goals.

Writing them down and putting the list on your wall will remind you of your goals.

It also helps you stay accountable, to yourself.

Even if you hit a plateau or aren't losing weight quickly, the list reminds you to keep going.

We don't have to let minor setbacks derail our progress.

Below, see what each of the letters from the S.M.A.R.T. acronym stands for...

Specific — What do I want to accomplish and why?

Measurable — How will I know when I have accomplished it?

Achievable — How can I accomplish this goal?

Relevant — Is this the right time for me to be working towards this goal?

Timebound — When do I want to accomplish this goal by?

CONTINUES ON NEXT PAGE



S.M.A.R.T. Goals

Continued...

On the following page(s), there are 2 blank SMART goal sections.

Print off as many pages as you want for each of the goals you have.

These can be weight loss goals, new habits, long term goals or some not even related to health.

List as many goals as you want to achieve.

After you have filled in the goals, put them in a visible place.

Check back regularly to see your progress.

KEEP Going and you will reach your goals!
I'm cheering you on...

Wendy

- Print off the following page(s).
- Put it on your wall as a visual reminder of your S.M.A.R.T. Goals.



To print in colour, select page 4.



To print in grayscale, select page 5.

S.M.A.R.T. Goals

Goal

Specific —

Measurable —

Achievable —

Relevant —

Timebound —

Goal

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S.M.A.R.T. Goals

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