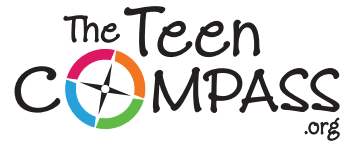


Create a SMART Goal



Area of Wellness: _____

Date: _____

Overarching Goal:

Specific:

Measureable:

Achievable:

Relevant:

Time Sensitive:

Obstacles:

Solutions:

Final Goal: