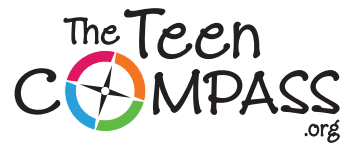


Example of a SMART Goal



Area of Wellness:

Care for Body

Date: 8/23

Overarching Goal: I need to get more exercise.

Specific: I will walk for 30 minutes 3 days a week.

Measureable: Thirty minutes each day for 2 weeks.

Achievable: I can commit to do this for 2 weeks.

Relevant: I think exercise will make a difference in my life.

Time Sensitive: I will do it by Friday.

Obstacles: I do not have time in my current routine to do this.

Solutions: I will spend less time on Facebook or playing video games and go for a walk instead.

Final Goal: Because I want to get more exercise, for the next 2 weeks, beginning Friday, I will walk 30 minutes 3 days a week.