

# SlimDownSmart

## S.M.A.R.T Goal Setting

Start Date: \_\_\_\_\_ Completion Date: \_\_\_\_\_

Your Goal: \_\_\_\_\_

### Make Sure Your Goal Is SMART

**Specific:** In depth what will you accomplish?

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**Measurable:** How will you know you lose weight?

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**Achievable:** Can you realistically lose your desired weight by your goals deadline?

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**Relevant:** Why do you need to accomplish this goal?

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**Timely:** When will you achieve this goal and can you do it in time?

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**Action Steps to SMART Goal Accomplishment**

<b>What?</b>	<b>Completion Date?</b>	<b>Completed?</b>
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<b>Potential Obstacles</b>	<b>Potential Solution</b>
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## Closing Questions...

1. This goal is important to you because...?

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2. What is driving you to create a new lifestyle...?

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3. Who is going to keep you accountable?

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4. If I do not achieve my desired goal I will...

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5. The reward for accomplishing my goal is to...

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