GOALS SETTING

USE THESE STEPS TO SETTING ATTAINABLE GOALS.

S

SPECIFIC

WHAT IS MY GOAL? ARE THERE MULTIPLE PARTS?

M

MEASURABLE

WHAT IS THE FINISH LINE AND WHAT MILESTONES CAN I MEASURE?

A

ACTIONABLE

WHAT ARE THE STEPS TO GETTING TO MY GOAL?

R

RELEVANT TO YOU
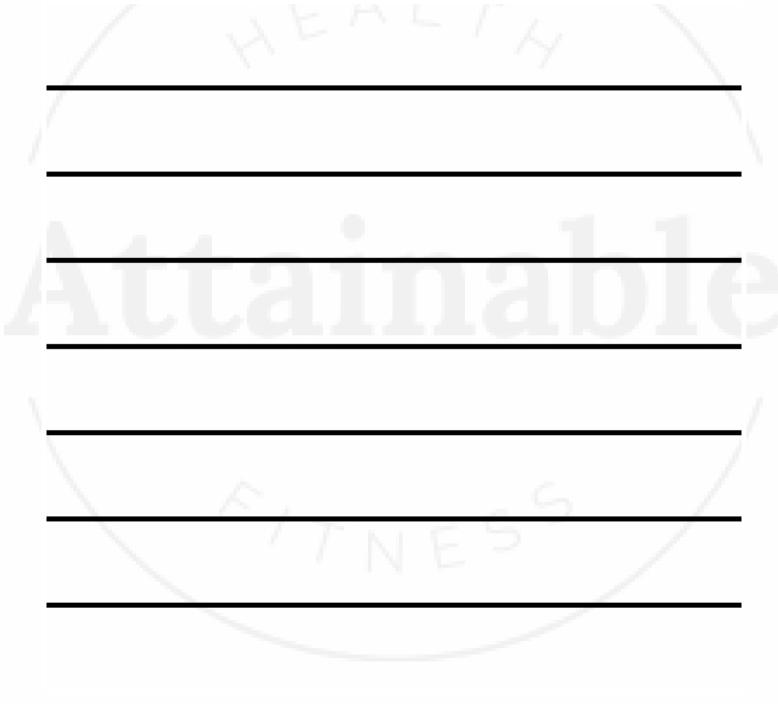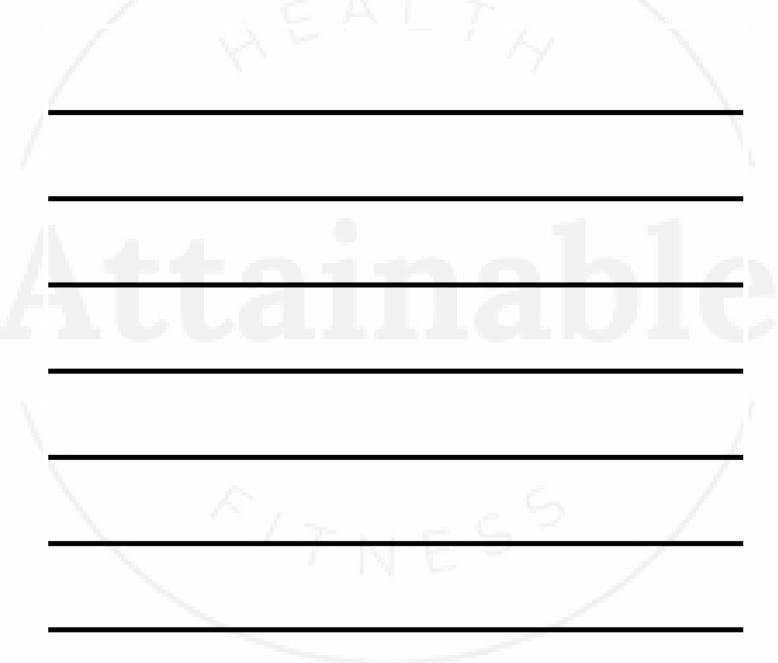
HOW IS THIS GOING TO SERVE YOU?

T

TIMING

WHAT IS THE TIME FRAME TO ACHIEVE THIS GOAL?

@attainable_health_and_fitness

SPECIFIC

WHAT IS MY GOAL?
ARE THERE MULTIPLE PARTS?

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MEASURABLE

WHAT IS THE FINISH LINE AND
WHAT MILESTONES CAN I MEASURE?

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ACTIONABLE

WHAT ARE THE STEPS TO REACHING MY GOAL?

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RELEVANT TO YOU

HOW IS THIS GOING TO SERVE YOU?

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TIMING

WHAT IS THE TIMEFRAME TO REACH MY GOAL? IS IT REALISTIC?

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