



Setting S.M.A.R.T Health Goals

S.M.A.R.T. stands for Specific, Measurable, Achievable, Relevant, and Time-based. "Specific" goals are clear, "Measurable" goals have a way to measure progress, "Achievable" goals are realistic, "Relevant" goals are important to the overall goal, and "Time-based" goals have a timeline for completion. Having these aspects in mind will help create a clear vision of where you want to go!

S.M.A.R.T. Goal Examples:

- Lose 6% of body fat, and grow 1 lb. of muscle by April 23rd
- Have an average daily meal compliance score of 4.0 out of 5 by April 23rd
- Get fat consumption down to 100% or less of macro plan by April 23rd

Goals/Habits After Initial Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 2 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 4 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 6 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 8 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 10 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

Goals/Habits After 12 Week Check-In

Date: ___ / ___ / ___

1. _____

2. _____

