



My Personal Health Goal

Name: _____

My Personal Health Goal is:

To reach my goal, I will do these things:

- 1.
- 2.
- 3.

I will know I have reached my goal when:

SMART Goal Checklist:

- Specific** - is it clear what action I have to take?
- Measurable** - will I be able to track my progress?
- Attainable** - can I see myself achieving this goal?
- Relevant** - is this goal important to me?
- Time-Bound** - when will my goal be achieved?

