



DreadmillPhil
D.M.P. Fitness

SMART GOAL WORKSHEET

Client		Date	
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Today's Date: _____ Target Date: _____ Start Date: _____ Date Achieved: _____

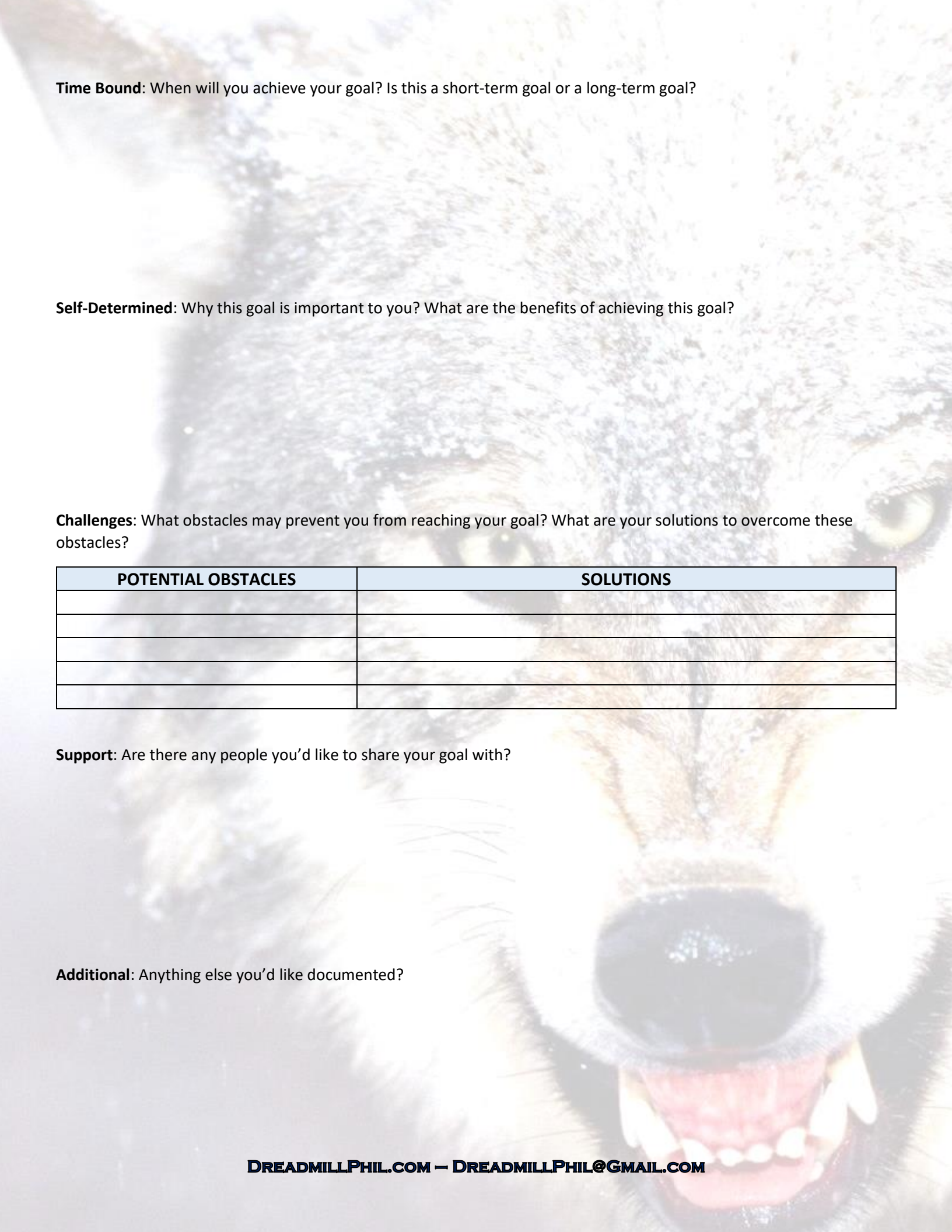
Goal: _____

SMART Goals

Specific: What specifically are you trying to achieve?

Measurable: How will you (and others) know when you've reached this goal? Can you quantify your goal?

Attainable - Action-Oriented: What is your action plan to achieve your goal? List processes, such as daily "to-do" items to help reach your goal.



Time Bound: When will you achieve your goal? Is this a short-term goal or a long-term goal?

Self-Determined: Why this goal is important to you? What are the benefits of achieving this goal?

Challenges: What obstacles may prevent you from reaching your goal? What are your solutions to overcome these obstacles?

POTENTIAL OBSTACLES	SOLUTIONS

Support: Are there any people you'd like to share your goal with?

Additional: Anything else you'd like documented?