

SMART Goal

Bronze



Silver



Gold



Plan for change

Working towards this goal is important to me because:

The plans I need to put in place to help me achieve my goal are:

Things that stand in the way of me achieving my goal are:

Solutions I could use to overcome these barriers are:

I could get further support from:

Eg help from friends, family

I will review my goal on:

Plan for change

Working towards this goal is important to me because:

Eg It will help me keep hunger at bay so I'm not tempted by unhealthy snacks

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Eg help from friends, family and others on Momenta

I will review my goal on:



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Bronze	<input type="checkbox"/>
Silver	<input type="checkbox"/>
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