

SMART Goals

S	Specific. The should be very specific to what you want to achieve. Example: <i>I want to engage in an exercise program to improve my abdominal and upper extremity strength</i>
M	Measurable. Attaching a measurement to the goal will help you to track your progress and stay focused. Example: <i>I will do my exercise program 3 times per week.</i>
A	Achievable. You should be able to achieve your goal in a reasonable time frame. Using the exercise example, think about how confident you are that you can do the program a certain number of times per week. Pick the number that you feel fairly confident that you can achieve.
R	Relevant. The goal you set should be meaningful to you and something that you really want to do! Think about if the goal if worth your time and effort. If you don't feel it is, you will be less likely to achieve the goal.
T	Time bound. Set a time limit on the goal. Example: <i>I will do my abdominal and upper extremity exercise program 3 days a week for the next 3 months.</i>