

SMART Goals

S	Specific What am I going to do? Why is this important to me? Loose weight. Its important because I don't want cancer to come back.
M	Measurable How will I measure my success? How will I know when I have achieved my goal? I will measure it weekly when I loose 20 pounds & have a healthier eating habit without it being a battle.
A	Attainable What will I do to achieve this goal? How will I accomplish this goal? I will start by throwing away unhealthy food to the trash. Meal prepping & walking the Dogs.
R	Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values? Its worth it to live longer. I will feel more energy and confidence. Gods word says to take care of our temple.
T	Time-Bound When will I accomplish my goal? How long will I give myself? I will accomplish my goal by July 15 2024.

Action Plan

My goal is TO LOOSE 20 Pounds

Date to finish	How will I measure my success?
7/15/24	

Steps to Achieving my Goal

Description	Time Estimate	Completion date
Weigh in	5 min	3-6-24
Empty Fridge & Pantry Out	1 hr	3-10-24
Grocery shop for healthy stuff	2 hr	3/10/24
Take walks with Dogs	30 min	7-15-24

Obstacles that may arise	How I will respond
Family Outing	making healthy choice
Date night	making the right choice
NO time	time management

Helpful Tools	Helpful Resources
Gym Buddy	Pallatis
Hickling	Hickling group