

SMART Goal Template

	Name:	Trainer:	Date:
S -specific	Keep your goal as specific as possible. What-where-how.		
M -mesurable	From and to. How will you measure your goal?		
A -attainable	Your goal should push you but always have your goal attainable.		
R-realistic	Your goal should be challenging but yet attainable within a given timeframe.		
T-timeframe	When will your goal be accomplished? Keep your timeframe aggressive but yet realistic.		

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