

## SMART Goal Template

Name: \_\_\_\_\_ Trainer: \_\_\_\_\_ Date: \_\_\_\_\_

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