

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**S**

### Specific

My goal is to...

**M**

### Measurable

I'll know I'm making progress when...

**A**

### Achievable

Steps I need to take:

**R**

### Relevant

This goal is important to me because...

**T**

### Time-bound

Check-in dates: