

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### S.M.A.R.T. CHART

<b>GOAL</b>  What are the details?	
<b><u>S</u>PECIFIC</b>  How will I know I achieved the goal?	
<b><u>M</u>EASURABLE</b>  What steps will I take?	
<b><u>A</u>CTION</b>  What activities will I participate in to achieve my goal?	
<b><u>R</u>EALISTIC</b>  Can I achieve and reach this goal in the time specified?	
<b><u>T</u>IMELY</b>  When will I check the goal along the way?	