

NAME _____

DATE _____

S.M.A.R.T. CHART

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

YOUR GOAL(s) _____
