

MY SMARTER GOALS

Specific
Measurable
Attainable
Relevant
Time-based
Evaluate
Re-adjusting



Sonic
HealthPlus

Name:

Ultimate Long Term Goal:

Target Date:

SHORT TERM GOALS

1

Start Date:

End Date:

Evaluate and Readjust:

Recordings:

Evaluate: on track not quite on track way off

Readjust comments:

2

Start Date:

End Date:

Recordings:

Evaluate: on track not quite on track way off

Readjust comments:

3

Start Date:

End Date:

Recordings:

Evaluate: on track not quite on track way off

Readjust comments:

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OR, LONG TERM GOALS

Specific	What's the aim?	
Measurable	How will I measure my results?	
Attainable	What is achievable? How will I achieve it?	
Relevant	Do my goals match my vision? What will my reward be?	
Time-based	When do I want to have this done by?	
Evaluate	Was I successful? How did I measure success?	
Re-adjust	What can I change along the way to help me achieve my ultimate goal?	