
SMART Goals Worksheet

Name: _____ Date: _____

Fitness/Health Goal: _____

My Goal Statement

SMART Goal Breakdown

- **Specific:** What exactly do I want to accomplish through exercise?
 - **Measurable:** How will I measure my progress or success?
 - **Achievable:** Is this goal realistic for my current fitness level? What small steps will help me reach it?
 - **Relevant:** Why is this fitness goal important to my health or lifestyle?
 - **Time-Bound:** What is my target date to reach this goal? Are there weekly or monthly checkpoints?
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Action Plan

What will I do to reach my exercise goal?

1. Workout schedule: _____
 2. Weekly commitment: _____
 3. Support/tools needed (trainer, equipment, etc.): _____
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Progress Check-In (Date): _____
