Making Your Goals SMART

Setting goals can be a great way to challenge yourself to make healthy lifestyle changes. Set yourself up for success by making your goals SMART!

**SPECIFIC**
What is your goal?

**MEASURABLE**
How will you keep track of your progress?

**ATTAINABLE**
How will you achieve your goal? Make a plan!

**RELEVANT**
How will this goal help you?

**TIMELY**
When will you achieve this goal?

**S** My goal is: __________________________________________

  e.g. To drink more water! I will aim for 6 cups per day

**M** I will track my progress by: ________________________

  e.g. I will track my progress by logging how many glasses I drink each day in my phone or planner

**A** I will achieve this goal by doing the following: _________________

  e.g. 1. Keep a clear bottle with me so I can tell how much I’ve had
      2. Set an alarm to remind myself to drink every 2 hours

**R** This goal helps me because: ____________________________

  e.g. This goal will help me to be healthier, have more energy, and help my skin

**T** I will complete this goal by (date): ______________________

  e.g. I will achieve my goal by February 15th

Meant2Prevent.ca
# Notes


**Weekly Exercise, Nutrition and Hydration Tracking**

**Athlete name:**

<table>
<thead>
<tr>
<th>DATE:</th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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<tbody>
<tr>
<td><strong>Exercise</strong></td>
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<td>Check box if you exercised for 30 minutes today!</td>
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<td>Minutes</td>
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<td>How many fruits?</td>
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<td>How many vegetables?</td>
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<td><strong>Water</strong></td>
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<td>How many bottles (16oz) of water did you drink?</td>
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Fill in the star if you reached your goal this week:

- **Exercise**
- **Nutrition**
- **Water**