MY GOALS

Specific: _____

How will I know I reached it? _____

Measurable:

How many times per week, or rated on a scale of 1 to 10? _____

Achievable:

Is this goal realistic? Does it leave room for good and bad days? _____

Relevant:

Why is this goal important to me? _____

Time Bound:

When will I reach it? _____

Write your exercise goals here: