

SMART HEALTH GOALS PLANNER

Identify a goal that is specific, measurable, achievable, relevant, and time-bound (SMART). Break it into actionable steps, each with its own deadline.

S

Specific

What exactly do you want to achieve?

M

Measurable

How will you track your advancement?

A

Attainable

Evaluate the feasibility of your goal.

R

Relevant

How does it fit into your broader objectives?

T

Time-bound

What is the deadline?



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