

*“SMART” GOALS YOU WILL WORK ON FOR THE
UPCOMING YEAR:*

S - Specific

M - Measurable

A - Action-oriented

R - Realistic

T - Time-limited

Nutrition:

I will:

Potential barriers:

ACTION PLAN for overcoming barriers:

EVALUATION – What worked, what didn’t work?

Physical Activity:

I will:

Potential barriers:

ACTION PLAN for overcoming barriers:

EVALUATION – What worked, what didn't work?
