



## PLANNING SMART GOALS

### SMART Goal Chart





# PLANNING SMART GOALS

participant handout

## Strategies & Action Planning

**Strategies are the plans for achieving your goals.**

Copy your goals from the previous exercise, and then in the box next to each goal, write down the actions necessary to achieve your goals. They usually have a time frame of one month to one year.

**Action steps are the immediate steps you will take now (this week) in order to get moving on the strategies.**

After you have written down your strategies for each goal, in the Action Step boxes, write down the immediate steps (this week) that you will take to make your goals happen.

<div style="border: 1px solid gray; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;"> <div>goal</div> </div>	<div style="width: 10px; height: 10px; background-color: red; transform: rotate(45deg); margin: 0 auto;"></div>	<div style="border: 1px solid gray; border-radius: 10px; width: 180px; height: 150px; background-color: #d9e1f2; padding: 10px;"> <p><b>strategies</b></p> <ol style="list-style-type: none"> <li>1. Join gym</li> <li>2. Find childcare from 4-6pm on Mon, Wed, Fri, so I can go to the gym</li> </ol> </div>	<div style="width: 10px; height: 10px; background-color: red; transform: rotate(45deg); margin: 0 auto;"></div>	<div style="border: 1px solid gray; border-radius: 10px; width: 180px; height: 150px; background-color: #d9ead3; padding: 10px;"> <p><b>action steps</b></p> <ol style="list-style-type: none"> <li>1. Call local YMCA, Gold's Gym, Bally's to see who has the best membership price</li> <li>2. Set up workout schedule</li> <li>3. Create weight loss tracking system</li> </ol> </div>
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