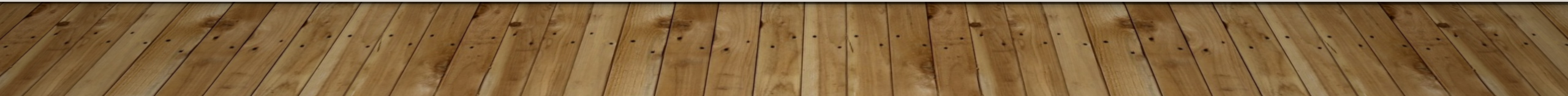


CRAFTING S.M.A.R.T GOALS

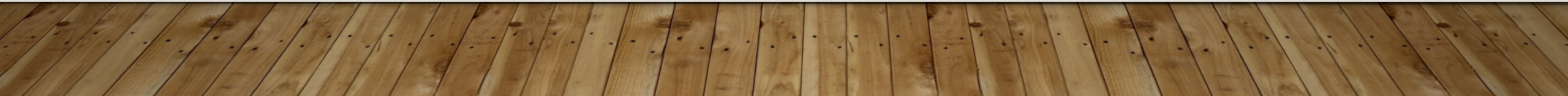


Examples of S.M.A.R.T. GOALS

Bad Example: “I want to lose weight.”

Good Example: I want to lose 20 lbs. by November 15th.

I will perform one hour of exercise provided by a personal trainer at Planet Fitness five days per week. I will follow a diet provided by my physician.

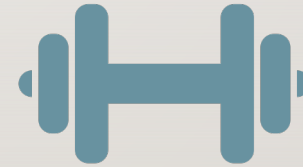


EXAMPLES OF S.M.A.R.T. GOALS



Bad Example:

I want to write a book



Good Example:

I want to lose 20 lbs. by November 15th.
I will perform one hour of exercise provided by a personal trainer at Planet Fitness five days per week. I will follow a diet provided by my physician.

EXAMPLES OF S.M.A.R.T. GOALS



Bad Example:

“I want to write a book.”



Good Example:

“I want to write a book called ***How do add 10 years to your life*** that is at least 150 pages and complete it by January 1, 2021. I will write at least 4 pages every weekday until completed.

S – specific, significant, stretching

M – measurable, meaningful, motivational

A – attainable, agreed upon, achievable

R – realistic, relevant, reasonable, results oriented

T – time bound, timely, tangible, tractable