



# S.M.A.R.T. Goal Challenge

## Challenge Workbook

<b>Step 1</b>	a) Set a personal S.M.A.R.T. Goal for the next 4 weeks. b) Share your S.M.A.R.T. Goal with us <a href="#">HERE</a> .
<b>Step 2</b>	Track your S.M.A.R.T. Goal daily. (Do your best to achieve your goal. It's OK if you don't hit your goal every day!)
<b>Step 3</b>	Report your weekly progress to us <a href="#">HERE</a> by the following Monday by end of day. (Your total challenge progress is due by _____.)

## My Daily S.M.A.R.T. Goal Tracker

**DIRECTIONS:** Use this S.M.A.R.T. Goal Tracker to record whether or not you met your goal each day by placing a ✓.

Report your weekly progress to us [HERE](#) by the following Monday by end of day.  
(Your total challenge progress is due by \_\_\_\_\_.)

My S.M.A.R.T. Goal							
	SUN	MON	TUES	WED	THURS	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
<b>Total # of days I met my S.M.A.R.T. Goal</b>							

# My S.M.A.R.T. Goal Setting Worksheet

**DIRECTIONS:** Complete the following table to help you create a S.M.A.R.T. Goal you wish to accomplish over the next four weeks. Once you've created your goal, tell us about it [HERE!](#)

S	<p><b>SPECIFIC:</b> Give the who, what, when, where and how of your goal.</p> <p><b>Example:</b> To improve my health by walking.</p>	
M	<p><b>MEASURABLE:</b> How will you measure your progress? Establish set criteria for determining your progress.</p> <p><b>Example:</b> To walk for 30 minutes, seven days a week.</p>	
A	<p><b>ATTAINABLE:</b> Can you achieve your goal in your timeframe? Perhaps, instead of vowing to tackle your maximum goal, shoot for a little less so you know you can achieve it.</p> <p><b>Example:</b> To walk for 15 minutes, five days a week.</p>	
R	<p><b>REALISTIC:</b> Make sure your goal is something that you're willing and able to work toward.</p> <p><b>Example:</b> To walk for 15 minutes (during my lunch break), five days a week around the neighborhood.</p>	
T	<p><b>TIME-BASED:</b> Set a deadline for when you want to achieve your goal. Give your goal a deadline.</p> <p><b>Example:</b> To walk for 15 minutes (during my lunch break), five days a week around the neighborhood for the next four weeks.</p>	<p><i>*This is your finalized S.M.A.R.T. Goal!*</i></p>



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