



**PINNACLE**

MEDICAL WELLNESS

PHYSICAL THERAPY NUTRITION FITNESS MASSAGE

## SMART Goals Worksheet

**What are SMART goals?** These are goals that are *specific, measurable, attainable, relevant, & time-bound*. Your goal should clearly and specifically state what you are trying to achieve. It should also be a goal that you can quantify to track your progress with a deadline of when you want to reach it. Most importantly, your goal should be realistic and important to you.

### What are your goals?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Why do you want to achieve these goals?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Today's Date: \_\_/\_\_/\_\_

Goal Completion Date: \_\_/\_\_/\_\_

**Are your goals SMART?** You should complete each section for **every** goal.

- **Specific** What do you want to accomplish?

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- **Measurable** How will you know you reached your goal?

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- **Attainable** How will you attain it? What changes are needed?

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- **Relevant** Why is this important to you?

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- **Time Bound** When do you want to reach your goal? \_\_\_\_\_

Why is this date significant?

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### Plan of Action

What steps/actions are critical for you achieve your goal?

Task	Start Date	Expected End Date