

Setting SMART Goals

Name: _____ Date: _____

Course: _____ Section: _____ Gender: _____ Age: _____

Date: Day of the Week:

In Activity 2.2 you identified two behaviors that you wish to change. Using SMART goal guidelines (see pages 54–59), write goals and objectives that will provide a road map for behavioral change. In the spaces provided in this lab, indicate how your stated goals meet each one of the SMART goal guidelines.

I. SMART Goals

Goal 1:

Indicate what makes your goal specific.

How is your goal measurable?

Why is this an acceptable goal?

State why you consider this goal realistic.

How is this goal time-specific?

Setting SMART Goals (continued)

Goal 2:

Indicate what makes your goal specific.

How is your goal measurable?

Why is this an acceptable goal?

State why you consider this goal realistic.

How is this goal time-specific?

II. Specific Objectives

Write a minimum of five specific objectives that will help you reach your two SMART goals.

Goal 1:

Objectives:

- 1.
- 2.
- 3.
- 4.
- 5.

Goal 2:

Objectives:

- 1.
- 2.
- 3.
- 4.
- 5.