

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

Complete the below by answering the relevant questions in the empty boxes. You can choose up to 3 specific goals. More than 3 and you'll struggle to focus on them all.

### 1st Goal

<b>S</b>	What's your <u>SPECIFIC</u> goal? Be specific. Where are you now in terms of reaching it and what is the end goal?	
<b>M</b>	How will you <u>measure</u> your progress along the way to achieving it? What measurement will indicate that you've achieved it? If you don't know this, your goal is not specific enough, so go back to the S.	
<b>A</b>	What <u>accountability</u> measures will be in place to keep you accountable? What will ensure that you keep working towards the goal?	
<b>R</b>	How will you determine if this is <u>realistic</u> ? You can use me as a sounding board for this.	
<b>T</b>	What is the <u>timeline</u> ? I.e. what is the deadline by which you'd like to achieve this goal?	

### 2nd Goal

<b>S</b>	What's your <u>SPECIFIC</u> goal? Be specific. Where are you now in terms of reaching it and what is the end goal?	
<b>M</b>	How will you <u>measure</u> your progress along the way to achieving it? What measurement will indicate that you've achieved it? If you don't know this, your goal is not specific enough, so go back to the S.	
<b>A</b>	What <u>accountability</u> measures will be in place to keep you accountable? What will ensure that you keep working towards the goal?	
<b>R</b>	How will you determine if this is <u>realistic</u> ? You can use me as a sounding board for this.	
<b>T</b>	What is the <u>timeline</u> ? I.e. what is the deadline by which you'd like to achieve this goal?	

### 3rd Goal

<b>S</b>	What's your <u>SPECIFIC</u> goal? Be specific. Where are you now in terms of reaching it and what is the end goal?	
<b>M</b>	How will you <u>measure</u> your progress along the way to achieving it? What measurement will indicate that you've achieved it? If you don't know this, your goal is not specific enough, so go back to the S.	
<b>A</b>	What <u>accountability</u> measures will be in place to keep you accountable? What will ensure that you keep working towards the goal?	
<b>R</b>	How will you determine if this is <u>realistic</u> ? You can use me as a sounding board for this.	
<b>T</b>	What is the <u>timeline</u> ? I.e. what is the deadline by which you'd like to achieve this goal?	

I can't help with family planning or with financial planning, but if you would like to find out how I can help you plan *and* achieve your fitness goals book in a consultation call using this link:

<https://dt-training.co.uk/schedule-a-free-consultation-call/>