SMART Goals

My Goal

Step 1  **Specific**
What do I want to accomplish?

Step 2  **Measurable**
How will I know when I reach my goal?

Step 3  **Attainable**
How can this goal be met?

Step 4  **Relevant**
Will this goal help me reach my long-term goals?

Step 5  **Time-Based**
When will this goal be met?

Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

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