

## A SMART Goal for Healthy Habits

**Specific** - is your goal clear and understandable?

**Measurable** - how will someone measure success?

**Attainable** - is it possible for someone to reach the goal you have set?

**Realistic** - is it realistic that the person can do what you have asked?

**Time frame** - how long have you allowed for someone to reach the goal you have set?