

SMART GOALS WORKSHEET

SPECIFIC What do you want to do?	MEASURABLE How will you know you met your goal?	ATTAINABLE Do you have the tools you need?	RELEVANT Will this goal improve your life?	TIMELY When will you achieve this goal?
--------------------------------------------	-----------------------------------------------------------	------------------------------------------------------	------------------------------------------------------	---------------------------------------------------

My Healthy Eating OR Active Living Goal: *circle one*

S	
M	
A	
R	
T	

ACTION PLAN WORKSHEET

The action steps I need to take to achieve my Healthy Eating OR Active Living Goal:

RELAPSE PLAN WORKSHEET

Identify high risk situations, environments, people and emotions that can lead to a lapse in your action plan.

POTENTIAL BARRIER:

BARRIER BUSTER:

POTENTIAL BARRIER:

BARRIER BUSTER:

POTENTIAL BARRIER:

BARRIER BUSTER: