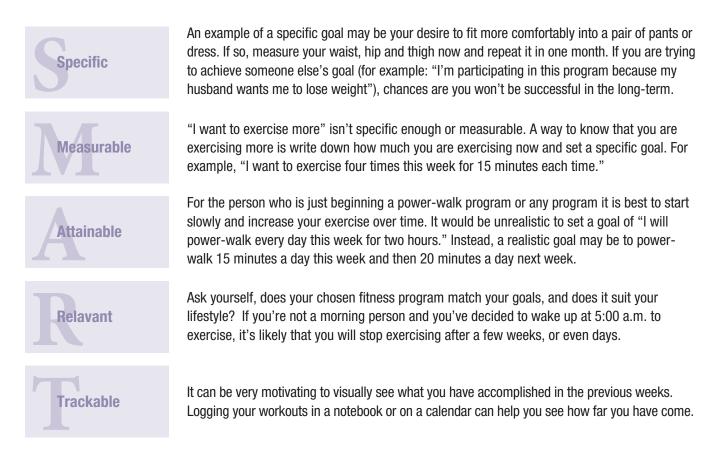
Exercise Goal Setting: Get S.M.A.R.T.



16-week curriculum

Many people avoid goal setting because they fear they are setting themselves up for disappointment. This module will assist you with setting realistic, achievable goals. Let's take things slowly and build on your successes using these S.M.A.R.T. ideas:



On the reverse side, list your goals for the program and give them specific details so that each one is S.M.A.R.T.

	Т									
<i>Activity:</i> How Smart are Your Goals?	R									
	А									
	W									
	S									
	Goals	Walk a mile without getting winded								