



Tick Fitness

Health, Wellness, rehabilitation

Shop 1, 5-19 Goodall Parade, Mawson Lakes, 5095

Setting **S M A R T** Goals

The research shows that specific and challenging goals lead to better performance (Locke, 1968). With the following steps you can work on developing an effective plan to create SMART goals to help you achieve a healthier lifestyle.



You goal should be as specific as possible and answer the questions: **What** is your goal? **How** often or how much? **Where** will it take place?



How will you measure your goal? Measurement will give you **specific feedback** and hold you accountable.



Goals should push you, but it is important that they are **achievable**. Are your goals attainable?



Is your **goal and timeframe realistic** for the goal you have established?



Do you have a **timeframe** listed in your SMART goal? This helps you be **accountable** and helps in **motivation**.



Tick Fitness

Health, Wellness, rehabilitation

Shop 1, 5-19 Goodall Parade, Mawson Lakes, 5095



Work Sheet

Goal →

Do by: →

Steps to achieve goal:

- 1 →
- 2 →
- 3 →
- 4 →

Notes:

Reward →

ACHEIVABLE?

REALISTIC?