

# Worksheet



## Make it “SMART”

Choose a health or nutrition goal you'd like to work on this week.

**My current goal is:**

.....

Now, rewrite your goal using the SMART format:

**S** - What will I do?

.....

**M** - How will I measure it?

.....

**A** - Is it doable for me right now?

.....

**R** - How does this align with what matters to me?

.....

**T** - When will I start, and how long will I try it?

.....

**Reflect:**

- Does this version of your goal feel clearer than before?
- Is it something you can picture yourself doing this week?
- Does it connect to your values or your “why” from earlier in this module?