



Goal Setting Worksheet

In order to do good goal setting you have to phrase the goal in a SMART manner.

S – Specific **M** – Measurable **A** – Attainable **R** – Realistic **T** - Time-bound

Top 3 overall goals for 2016

1. _____
2. _____
3. _____

Reward (non food based) for accomplishing my goals

Daily Steps to achieve this/these accomplishment(s):

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11
