



# S.M.A.R.T. Goals

## Specific

## Measurable

## Action Oriented

## Realistic

## Time Bound

Clearly defined or identified.

Able to be measured. How we know you reached the goal.

The action you take to achieve the goal.

Goals that are not too big that they are unreachable, but are big enough to challenge you to work hard.

When will the goal be reached by.

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I want to improve muscular strength.

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I want to go from 5 modified pull-ups to 10 modified pull-ups.

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I will do 3 sets of pushups or modified pull-ups 4 times per week.

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I believe the goal is realistic because I'm only going up by 5 modified pull-ups.

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I will achieve this goal by the time we do fitness testing again in 5 weeks.