

All About That **BALANCE**

SMART-ER Goal Setting Worksheet



What do you want to focus on and achieve?



How will you track your progress over time?



What will you do to achieve your goal?



How will you be/get better from achieving
this goal?



By when will you complete this goal?



What tools or resources will help support
your progress?

Are you ready to commit to your goal?

Example: I want to lose 10 pounds and increase my energy levels in 15 weeks by exercising 5 days a week and managing my portion sizes. I will track my exercise using a weekly tracker sheet, meeting with my personal trainer, and recording my food using an app. By accomplishing this goal, I will feel better and have more confidence and energy. The tools that will help me accomplish this include smaller plates, a kitchen scale, measuring cups, a healthy recipe cookbook, an accountability partner, and MyFitness Pal.

S

My goal is to _____

M

In order to track my progress, I will _____

A

In order to achieve my intended goal, I want to:

1. _____
2. _____

R

I will become better from achieving this goal because: _____

T

I will complete this goal by: _____

ER

The external resources I will need to support my goal(s) include:

1. _____
2. _____
3. _____
4. _____
5. _____

Overcoming Obstacles

As with anything, obstacles can and will present challenges. Brainstorm what events or situations may present potential obstacles or barriers to your progress.

Strategies

Outline specific strategies you could employ to help you manage and deal identified barriers or obstacles.