

My Goal Record

Is your goal SMART?

Specific – do you know who, what, where, when, why, and how?

Measurable – how will you know when you reached your goal?

Acceptable – is this a goal you want to reach & does it make sense?

Rewarding – is it possible to reach this goal within the time limit?

Timely – can you reach this goal in about 2 weeks?

Week 1:

Goal # 1 is:

Goal # 2 is:

My goal total for Goal #1 is _____ per week.

My goal total for Goal #2 is _____ per week.

If I meet my Goal total for both goals 1 and 2 each week, I will be rewarded with

Optional Reflection:

What helped me to meet my goals?

What kept me from meeting my goals?

MUSC News Center: News You Can Use

Form provided by Janet Carter, registered dietitian with The Lean Team at

MUSC 843-876-2039, <http://www.musc.edu/leanteam>

Changing What's Possible

