

# 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:

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Goal # 2 is:

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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

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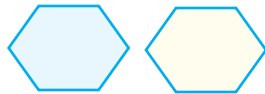
## Optional Reflection:

What helped me to meet my goals?

What kept me from meeting my goals?

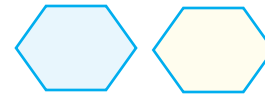
Week day	Goal #1	Goal #2

Total



Week day	Goal #1	Goal #2

Total



**MUSC News Center:** News You Can Use

Form provided by Janet Carter, Sodexo registered dietitian with MUSC Boeing Center for Children's Wellness Heart Health Program, <http://www.musckids.com/heart/health/index.htm>, 843-792-4717