

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

As a client, SMART goals will offer focus for both you and your coach so that you can realistically reach your goals within a specific timeframe. As your coach, my goal is to help encourage you to set S.M.A.R.T. goals based on your needs, not my own agenda.

## S – Specific

## M – Measurable

## A – Attainable

## R – Relevant

## T – Time-Specific

### Specific

The goal and its path are clear.

**Example:** losing 5 pounds in a month, cutting out grains, adding a weekly sprint to the fitness regimen, etc.

### Measurable

Motivation is spurred on by measurable progress.

**Example:** Lost one pound? Woo-hoo! Only 4 more to go. “How do you feel after a week of no grains? Are your health issues flaring up or decreasing? What’s the time and quantity of your fitness for this week? Great! Could you add one more walking session next week?”

### Attainable

What’s attainable for one person may not be attainable for another. Be sure to set reachable goals so that you aren’t stretched too thin or set up for failure. Keep in mind that reaching the goal is fully dependent on YOU, the client! Your coach can’t do those walks or planks for you.

### Relevant

Your motivation is activated by a sincere and committed desire to reach your goals. If the goal isn’t relevant to YOU, motivation may be lacking, and the goal may remain too far in the distance to be worth striving for.

### Time-specific

Deadlines motivate. Set the goal within a specific timeframe to create a sense of urgency and to keep YOU striving at a comfortable pace towards the finish line.



## S.M.A.R.T Goal Setting Client Worksheet

**Specific:**

What exactly do I want to accomplish this week?

---

---

---

**Measurable:**

How will I track my progress?

---

---

---

**Attainable:**

Is this realistic for me?

---

---

What do I need to make it possible?

---

---

---

**Relevant:**

Why am I doing this goal?

---

---

---

---

**Time-specific:**

When will I have this goal completed?

---

---