

SMART Goal-Setting



Setting goals is a great way to help you form healthy habits and lower your risk for lifestyle-related diseases. Set yourself up for success by making your goals **SMART** (**S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound). Your goals can be immediate, short-term, or long-term. Use this calendar to help you reach your goals one step at a time. You got this!

My SMART Goals						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

For more information: www.greauxhealthy.org [f/greauxhealthyPB](https://www.facebook.com/greauxhealthyPB)
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