The research shows that specific and challenging goals lead to better performance (Locke, 1968). In this lesson we will be working on designing a plan and creating SMART goals to help us achieve a healthier lifestyle.

- **S** Specific
  - Your goal should be as specific as possible and answer the questions: What is your goal? How often or how much? Where will it take place?

- **M** Measurable
  - How will you measure your goal? Measurement will give you specific feedback and hold you accountable.

- **A** Attainable
  - Goals should push you, but it is important that they are achievable. Are your goals attainable?

- **R** Realistic
  - Is your goal and timeframe realistic for the goal you have established?

- **T** Timely
  - Do you have a timeframe listed in your SMART goal? This helps you be accountable and helps in motivation.

Write your SMART weekly goal:

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S--
M--
A--
R--
T--
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