

SETTING SMART GOALS AND HABIT TRACKING SHEET

1. **Specific:** What do you want to accomplish? Why is this goal important? Example: I want to run 3 kilometers without stopping to improve my cardiovascular health.

My Goal: _____

2. **Measurable:** How will you track your progress and know when you've accomplished your goal? Example: I will track my distance and time using a running app.

My Measurement: _____

3. **Achievable:** Is this goal realistic? Do you have the resources and time to achieve it?

Example: I can allocate 30 minutes every morning for running.

My Plan: _____

4. **Relevant:** Why is this goal worthwhile? How does it align with your long-term objectives?

Example: Improving my cardiovascular health will enhance my overall fitness and energy levels.

My Motivation: _____

5. **Time-bound:** What is the deadline for your goal? Example: I will achieve this goal by the end of the 21-day challenge.

My Deadline: _____

Day	Date	Exercise Completed	Notes/Feelings	Reward
1				
2				
3				
4				
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