

SMART Goal Action Plan

What I am going to do: (be specific)
How am I going to do it?
Around my neighbourhood When I will do this:
Saturdays – every week, Afternoon – 3 pm MEASURABLE

How I will measure this to see my progress: (amount, # minutes, # days per week):
Week 1: 5 minutesWeek 7: 8.75 minutesWeek 13: 15.25 minutesWeek 2: 5.5 minutesWeek 8: 9.5 minutesWeek 14: 16.75 minutesWeek 3: 6 minutesWeek 9: 10.5 minutesWeek 15: 18.5 minutesWeek 4: 6.5 minutesWeek 10: 11.5 minutesWeek 16: 20 minutesWeek 5: 7.25 minutesWeek 11: 12.75 minutesWeek 6: 8 minutesWeek 12: 14 minutes
I will know I have achieved my goal when:
ATTAINABLE:
How confident am I that I will be able to accomplish this goal?
Not sure Somewhat sure Extremely sure 0 1 2 3 4 5 6 7 8 9 10
How important is this goal to me? Not important Somewhat important Very important
0 1 2 3 4 5 6 7 8 9 10
Example: How confident am I that I will be able to accomplish this goal? Not sure Somewhat sure Extremely sure
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How important is this goal to me?
Not important Somewhat important Very important 0 1 2 3 4 5 6 7 8 9 •••••••••••••••••••••••••••••••••



SMART Goal Action Plan

1. To be able to travel 2. To be able to keep up with friends and be social 3. To have fun REALISTIC The first 3 actions I will take to achieve this goal are (be specific): 1. 2. 3. Example: 1. Pick a day to be the starting day 2. Take a book so I can read and have a coffee at the end of my block (5 minutes' walk) 3. Call a friend to join me Here is how I will cope with challenges while working on this goal: Challenges Solutions Challenge # 1 Solution # 1 Challenge # 2 Solution # 2 Challenge # 3 Solution # 3 Example: Challenges 1. Family obligations - other people needing me for things. It can be hard to put myself first. A bar of the people reading me for things of the people needing me for things of the people of the people needing me for things of the people needin	Example:			
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