

Name: _____

Date: _____

SMART Goals

A G G R E S S I V E Q X J E S R X K N D T V R P
C V Z C A N O I T A V I T O M E F L P I Y Z D P
V Q O H T C X T Z N W Y M D U S Y I M G A E E K
W E Y D C B H U S A K K S Q R Z F E H R K R K M
D D J T D M W I G D J K N Q N V B F M C F R D V
S T R A T E G Y E N F K M S T O T R A O Z Z U Z
H B F S B V Y W A V U I B N U V L D R Y R I K M
U D Z Y N P L A B G E S T N S V M M G C S U G U
T Y C Y E W V C A K L N D N M S A N H O O T V Q
N J X G Q O E J J A E U A J E N N Q C T P H I G
W N B S H I L L O F I E B P C S R Q O F M M P Q
X N I P Y F Q G L H V H O E A N S L B F P H S E
H S Y E K E G R T B W N J Z G E R R K R G I U B
M R W C T S X L M K E R J Q F R X M O S R N C A
T E E I M S A V P Z F I P E R S E V E R A N C E
E A M F V E Q S P Z B A N T V F E K F L E S E P
C L D I H R E S V H G B G G Q M S T T V P G S S
R I A C A G B F Z Y K J N U E C C H J G V L S R
M S M G S O T S D E Y Y Q N M H D G D Z Q F F D
V T R J V R I G M A D J T Z U F H K Z M P W U R
H I Z J I P T P B L A N L C E X Y H C I S N L S
A C Y O I D J E W X E K C T Q B I V Q C N P F Z
J T R A M S I T J U S Q L B U G U Z M H K D T O
L M E A S U R A B L E X O M M L Y X W Y O J H R

Perseverance
successful
Timebound
specific
SMART

performance
motivation
Realistic
fitness
Goals

improvement
aggressive
progress
achieve

well-being
Measurable
strategy
health