

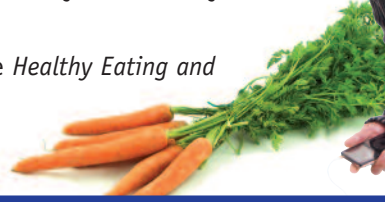
# SMART Goals

Starting something new can often be challenging and exciting. Try making some SMART goals.

These are goals that are **Specific**, **Measurable**, **Attainable**, **Rewarding** and **Timely**. They are a great way to monitor your progress.

For ideas on making SMART goals see *Healthy Eating and Active Living For ages 13 to 18 years*.

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SMART	GOALS
<b>Specific:</b> Know exactly what you want to achieve.	
<b>Measurable:</b> How will you know that the goal has been reached?	
<b>Attainable:</b> Make sure your goal is possible.	
<b>Rewarding:</b> What is in it for you to keep working at the goal?	
<b>Timely:</b> Set a date that you would like to achieve your goal by. This way you have a benchmark to work towards.	

