

Chapter 3 Assignment

Professional SMART Goal:

- **Specific:** I want to learn Python programming to enhance my coding skills for future job opportunities.
- **Measurable:** I will complete an online Python course and build at least two projects by the end of the course.
- **Achievable:** I will dedicate 2 hours a day, 5 days a week, to learning Python, with the goal of completing the course within 3 months.
- **Relevant:** Learning Python is essential for expanding my software development skills and making myself more competitive in the job market.
- **Time-bound:** I will complete the course and two projects by March 31, 2025.

Personal SMART Goal:

- **Specific:** I want to improve my physical fitness by training to run a 5K race.
- **Measurable:** I will train 3 times a week, increasing my distance by 0.5 miles every week until I can run 5 kilometers without stopping.
- **Achievable:** I will follow a beginner's running plan, starting with 1-mile runs, and gradually build up my endurance.
- **Relevant:** Improving my fitness is important for my overall health and well-being.
- **Time-bound:** I will participate in a 5K race by June 2025.