

**Specific:** I want to improve my physical health by developing a consistent workout routine.

**Measurable:** I will exercise for 30 minutes, 4 times a week.

**Achievable:** I will start with home workouts and gradually incorporate gym sessions.

**Relevant:** Regular exercise will improve my physical health and mental focus, which supports both personal growth and professional growth.

**Time-Bound:** I will establish this habit within the next 2 months.