

# SMART

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

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

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

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

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