

## 1.5.1 SMART Fitness Goal Worksheet

Date: \_\_\_\_\_

### Instructions

Use this worksheet to develop a clear, effective fitness goal using the SMART framework. Fill in each section thoughtfully, then combine your answers to create your complete SMART goal at the bottom.

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### S - Specific

**What exactly do you want to accomplish?** (Be precise about what you will do)

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### M - Measurable

**How will you track your progress?** (Include numbers, times, or other ways to measure success)

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### A - Achievable

**Why is this goal realistic for you?** (Challenging but possible with your current abilities)

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### R - Relevant

**Why does this goal matter to you personally?** (How does it connect to activities you enjoy)

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## T - Time-bound

**When will you achieve this goal?** (Set a specific deadline)

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**My Complete SMART Fitness Goal:**

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## Action Steps

List 2-3 specific actions you'll take to reach your goal:

1. 

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2. 

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3. 

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## Progress Check

Plan when you'll check your progress (dates):

Week 1 check: 

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Halfway point: 

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Final deadline: 

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