

Name:

Class Period:

GET S.M.A.R.T. AT

DIRECTIONS: Create a S.M.A.R.T. goal for each of the categories in the table. Remember, these should be goals that you CAN work towards at home and also WANT to work on for yourself.

1. Make sure you know what S.M.A.R.T. stands for. Click here for a recap
2. Put each goal into a category
3. State your **why** - explain why you wish to work towards this: What is it going to do for you? How will it benefit you?
4. Use your goals to help guide your daily activity while at home. Your activity log should indicate this.

GOAL CATEGORY	GOAL	WHY?
Health/ Wellness Nutrition/hydration mindfulness/sleep etc.		
Physical Activity: Cardiovascular movement		
Physical Activity: Muscular strength/ endurance/ flexibility		
Relaxation What are you going to do purely for you?		
Fun What are you going to do for fun each day?		