



# How-to Set SMART Goals

Goal setting is defined as the act of selecting a target or objective you wish to achieve and one that is meaningful to you. Before making a goal, ask yourself; What does success look like to **me**? What do **I** want to achieve? Start small, set a positive goal and include activities you really enjoy.



Use this template to help you get started with setting and tracking SMART goals. With the proper goal-setting tools and a renewed focus, there really is no telling how far you can go.

## Sample

### S

**Specific**

Who? What?  
Where? Why?

Accumulate 7,500 steps per day for better health and increased happiness

### M

**Measurable**

How will you track your progress?

Use the ParticipACTION app to track daily steps

### A

**Achievable**

How will you achieve this goal?

Take a 20-30 minute walk each day, spend time gardening each week, and remembering to park further away when running errands.

### R

**Relevant**

How does this goal help you?

Getting more steps each day will give me more energy, will lift my mood, and will help me be my best self!

### T

**Timely**

When will you achieve this goal?

Accumulate 7,500 steps per day for a total of 230,500 steps in one month!



## Try our app!

Be sure to track this activity on the ParticipACTION app for a chance to win great prizes! Download it for free in **Google Play** or the **App Store**.



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## S

### Specific

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Where? Why?

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### Measurable

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track your  
progress?

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### Achievable

How will you  
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### Relevant

How does this  
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### Timely

When will you  
achieve this goal?

### My SMART goal

Keep this resource handy. Carry a copy with you in your wallet or bag, and place copies either in your office, on your fridge, or the door of your gym locker – wherever you may need a gentle reminder of the commitment you have made for your well-being!