

Action Plan and SMART Goals Tracking Sheet

SMART Goals should be:

Specific: clearly state what you will do, where you will do it and how the goal will be accomplished

Measurable: clearly define how you will know that you did what you set out to do

Achievable: something that you can do (should be a challenge, but not too hard or unrealistic)

Relevant: to your overall goal

Time-bound: clearly state when and how long

Example: *I will walk in my neighborhood after dinner for at least 20 minutes three times per week for the next two weeks.*

Eating SMART goal:

Physical activity SMART goal:

Self-care or stress management SMART goal:

Other actions I am planning to take between now and the next session:

Today's date: _____