

My 2018 S.M.A.R.T health goals

S - Specific; define that you want to achieve;

M - Measurable; how will you measure your success?;

A - Achievable; include some quick wins and a goal you need to reach/stretch for;

R - Relevant; your goal should reflect your interests; and

T - Timely; establish a realistic timeframe to achieve your goal.

MY 2018 GOALS:	Ensure your goal ticks each of these SMART columns:				
	S	M	A	R	T