

# “True to You” Project

## Goal Setting Worksheet



Name: \_\_\_\_\_

Using your SMARTER goals article, describe in as much detail as possible what health deficit you want to work on *and why* for each health category below. While you will only be using one of the three goals for your project, having “back-up” goals is advisable should you not be able to provide sufficient evidence of your work towards your chosen goal. (15pts)

### Physical Health Goal

Specific: \_\_\_\_\_

\_\_\_\_\_

Measurable: \_\_\_\_\_

\_\_\_\_\_

Attainable: \_\_\_\_\_

\_\_\_\_\_

Relevant: \_\_\_\_\_

\_\_\_\_\_

Time-Specific: \_\_\_\_\_

\_\_\_\_\_

Evaluate: \_\_\_\_\_

\_\_\_\_\_

Revise: \_\_\_\_\_

\_\_\_\_\_

### Mental/Emotional Health Goal

Specific: \_\_\_\_\_

\_\_\_\_\_

Measurable: \_\_\_\_\_

\_\_\_\_\_

Attainable: \_\_\_\_\_

Relevant: \_\_\_\_\_

Time-Specific: \_\_\_\_\_

Evaluate: \_\_\_\_\_

Revise: \_\_\_\_\_

### **Social Health Goal**

Specific: \_\_\_\_\_

Measurable: \_\_\_\_\_

Attainable: \_\_\_\_\_

Relevant: \_\_\_\_\_

Time-Specific: \_\_\_\_\_

Evaluate: \_\_\_\_\_

Revise: \_\_\_\_\_