

R.E.A.L. GoalSM Tracker

Instructions: Write a S.M.A.R.T. version of your goal and determine how you will reward yourself for completing it. Post this form somewhere you will see it every day and track your daily progress. Review what you learned in the process and celebrate your success!

My S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timely) goal is:							

Track your progress!

Write down each day that you complete your goal!

<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	Wed	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>

Explore more R.E.A.L. Goals and supplemental resources

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)

©2023 Dean Health Plan, Inc. and Dean Health Insurance, Inc. All rights reserved. We do not recommend, endorse or make any representation about the efficacy, appropriateness, or suitability of any program, training, or activity eligible for points under the Living Healthy program. Such programs, trainings, and activities are not intended to be a substitute for professional medical advice, diagnosis, or treatment. If any individual has or may have a medical or psychological condition, they should consult a medical professional before beginning any programs, trainings, or activities.