

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>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>

To choose another goal, go to: deancare.com/wellness/real-goals

For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)