

setting **SMARTY** goals for achieving a wellness culture

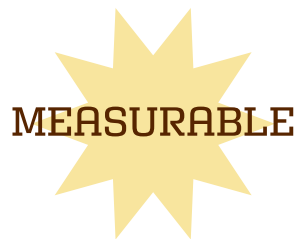
Time: Think about how much time you are willing to spend on the goal each day, week and month.

Tracking: It's important to clearly understand what is needed to accomplish your goal and to track your progress. Can you track it all at once or should you break it down and work up to it?



Our goal is to:

In order to reach this goal, we must take the following steps:



Our goal is reached when:



We are able to do this because:

The obstacles we may encounter are:

We will manage them by:



RELEVANT

Our goal fits into our plan and schedule because:



TIME-STAMPED

Our goal is completed by (insert date/time):



**YOU AND THE
GROUP FOCUSED**

**This/these goal(s) were set based upon the unique needs
and interests of our target population. We know this because:**

**We as a community/school are ready to begin this work.
We know this because:**



**Our community supports one another and holds each other
accountable by the following:**

