

My SMART Goal Sheet

Name: _____

Today's Date: _____ Start Date: _____ Target Date: _____

CARDIORESPIRATORY GOAL:

I would like to complete a timed mile in _____ min _____ sec by _____

My present mile is _____ min _____ sec so I believe this goal is realistic for me to achieve.

I would like to achieve this goal, because it would help me to:

I will do the following to help me achieve this goal:

- 1 - _____
- 2 - _____
- 3 - _____

S.M.A.R.T.

S – SPECIFIC

M – MEASUREABLE

A – ACHIEVABLE

R – RELEVANT

T - TIMELY