



Lesson _____

My ALIVE! SMART Goals

GOAL: 3 Cups of Vegetables Per Day	PROGRESS – How did I do?
Date set:	Date Reviewed:
Vegetable goal: _____ _____ S: _____ M: _____ A: _____ R: _____ T: _____	
Lifestyle goal to make me feel more ALIVE!: _____ _____ S: _____ M: _____ A: _____ R: _____ T: _____	

Vegetable log: How many cups of vegetables did you eat this week?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Cups

Remember Your SMART Goals Must Be:

Specific – details of what, where, how much, how often

Measurable – how will I know I attained the goal?

Achievable – are you 95% sure you can make this change?

Realistic in timeframe – can you achieve this goal in the next week?

Time-specific – when, how long, by when?

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