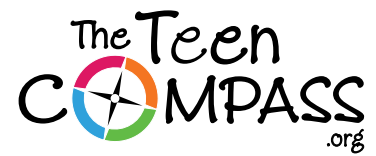


Create a SMART Goal



Area of Wellness:

Date: _____

Overarching Goal:

Specific:

Measurable:

Achievable:

Relevant:

Time Sensitive:

Obstacles:

Solutions:

Final Goal: