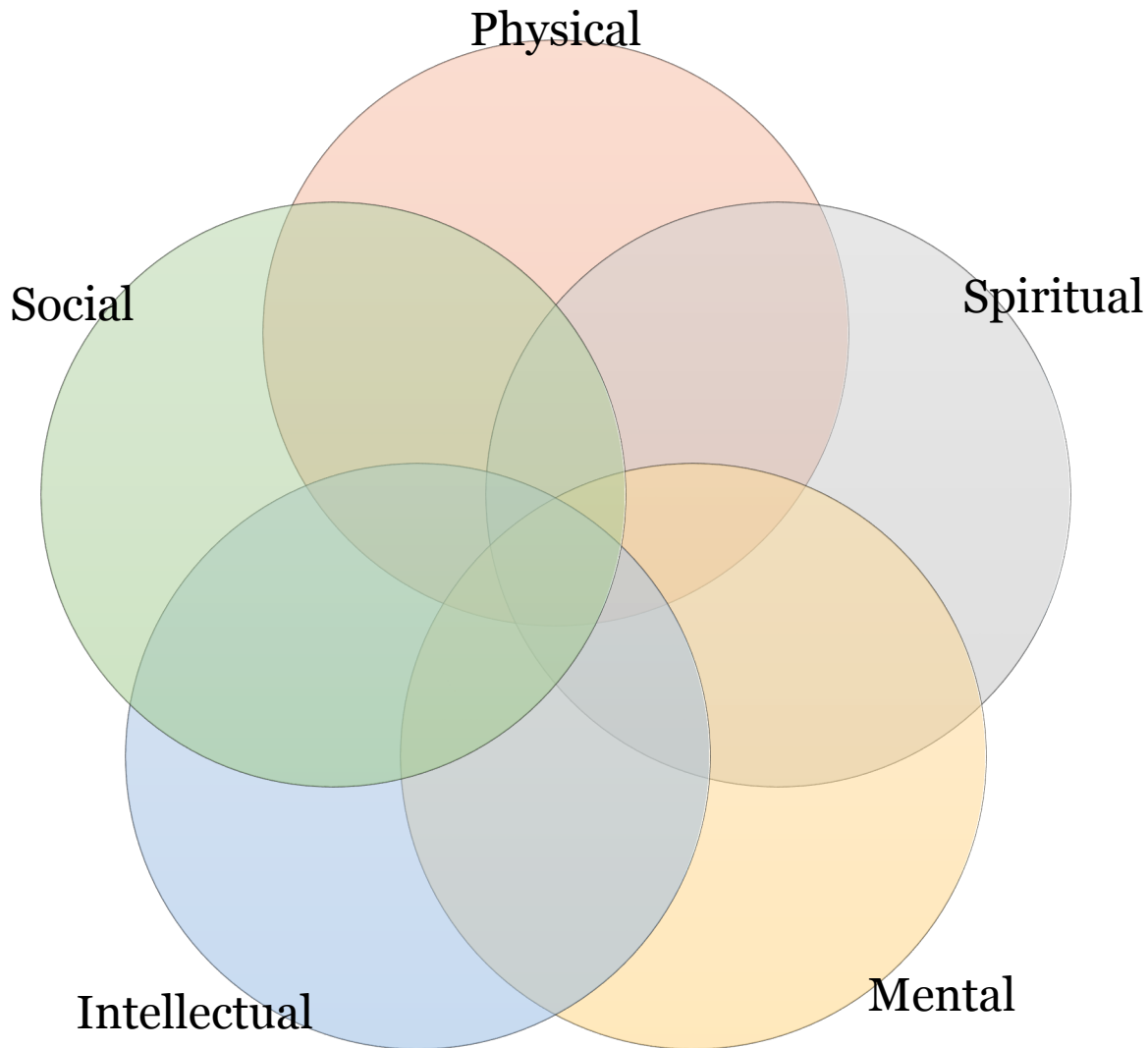


Goal Setting—5 Aspects of Health



Daily	Weekly
☐	☐
☐	☐
☐	☐
☐	☐
☐	☐
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S: *Specific*—what is your goal?
M: *Measurable*—How will you keep track of your progress?
A: *Attainable*—How will you achieve your goal? Make a plan!
R: *Relevant*—How will this goal help you?
T: *Timely*—When will you achieve this goal?