

2021 S.M.A.R.T. Summer Sworkit Challenge

SMART Goals

WORKSHEETS

Plan your SMART Goals so you can maximize your results. SMART is an acronym that you can see below.

Initial Goal	Write the goal you have in mind	
S specific	What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal?	
M measurable	How can you measure progress and know if you've successfully met your goal?	
A achievable	How can you measure progress and know if you've successfully met your goal?	
R realistic	Why am I setting this goal now? Is it aligned with overall objectives?	
T time-bound	What's the deadline and is it realistic?	
Smart Goal	Review what you have written and craft a new goal statement based on your answers.	

WORKOUT TRACKER

My Sworkit acts as a fitness journal, but some prefer to write down their accomplishments. Use this worksheet to track which days you do workouts and what workouts you do!

13 WEEK WORKOUT TRACKER						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Habit Tracker

Add your goals in the grey boxes and check in regularly to support your healthy habits.

	MOVEMENT		NUTRITION				LIFESTYLE		
	Swokit								
Date									

Week Prep Planner

GET READY FOR THE WEEK

Set your intentions for the week: _____

This week I want to accomplish: _____

Day	Obligations	Meals	Exercise
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Maintaining Your Goals

Check in with your goals and how they're going with this activity.

	WHERE AM I NOW? What's my current situation? What change do I want to create?	WHERE DO I WANT TO BE? Describe the outcome of your goals and dreams.	HOW DO I GET THERE? What are my next steps I need to take?
Goal 1			
Goal 2			
Goal 3			