

**MAKE A PLAN //
ACHIEVE YOUR GOAL**



RIVERSIDE
HEALTH CLUB

S

SPECIFIC

What do I want to achieve?

M

MEASURABLE

How will I numerically track my progress?

A

ATTAINABLE

*Can I realistically reach my goal?
Is it too easy or is it too hard?*

R

REWARDING

Is it important to me? Why?

T

TIME-BOUND

When will my goal be accomplished?

PLAN

*What's my plan to reach my smart goal?
Be as specific as possible.*