

SET AND ACHIEVE SMART GOALS



How can you achieve a goal without knowing exactly what you want to achieve and by when?
Structure your goals and succeed by making them **SMART**.

Define a **SMART** goal for yourself:

S

Specific

What do you want to accomplish and why?

M

Measurable

What results do you want to reach and how will you measure them?

A

Attainable

What actions or lifestyle changes will you make to achieve this goal?

R

Realistic

Goals should push you, but not be impossible to reach. Is this goal realistic and achievable?

T

Timely

When do you want to accomplish this goal and how often will you measure progress?

Talk with your TakeControl educator to determine which lifestyle goals will benefit you most.

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TAKECONTROL >>>>

CONDITION MANAGEMENT PROGRAM