

The logo for Gina Aliotti Fitness is displayed in a cursive, orange font. To the right of the logo is a photograph of a woman with long dark hair, wearing a blue and white patterned bikini, smiling and raising her right arm. The background of the image is a bright blue sky and ocean.

Gina Aliotti FITNESS

S.M.A.R.T. GOALS

Goal without a goal is just a dream...

I have to tell you that it's mind blowing how effective this tool is in helping you get what you want, when you want it. Let me help you define your goals!

The acronym stands for:

Specific = What exactly do you want to achieve? Include as much detail as possible. BE SPECIFIC! Not just "I want to be healthy" but how will you "be healthy", what are the things you are going to do?

Measurable = How will you know when you have reached your goal and how successful were you. Make this a quantifiable value.

Attainable = List the resources needed and if or how you can obtain them.

Realistic = What change are you hoping to affect by reaching your goal? What outcome should result from you reaching your goal? Is this realistic for where you are in your life right now?

Timely = When will each step be completed? Break the overall goal into mini steps and assign a due date to each step.

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<u>S</u>	<u>Specific (What exactly do you want to achieve? Be Specific)</u>
<u>M</u>	<u>Measureable (How will you know when you have achieved your goal? How will you measure it?)</u>
<u>A</u>	<u>Attainable (What resources are needed to make this happen?)</u>
<u>R</u>	<u>Realistic (Is this really realistic in your life right now?)</u>
<u>T</u>	<u>Timely (When will be your "end" date?)</u>

COMMIT YOURSELF...

SIGN _____

DATE _____