



HealthyBodyHealthyLife
with *Melissa Koerner*

Module I - Part 2: Action Step Plan

How to Set Goals the Right Way



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Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

| S.M.A.R.T Goal Setting

S.M.A.R.T Goal Setting is an **effective** technique to set and achieve your goals. Goals set with these five qualities are **easier** to reach and are reached more **efficiently**.

The acronym stands for:

- **S**pecific
- **M**easurable
- **A**ttainable
- **R**ealistic
- **T**ime-based

Use the space below to write your S.M.A.R.T goals.

My Health Goals Are:
