

# SMART Goal:

'I will walk for 30 minutes 5 days a week for the next three months, and will track my progress using a fitness app.'



**Specific**

The goal specifies the type, duration, and frequency of exercise, providing clarity on the desired activity.



**Measurable**

Progress can be measured by tracking the frequency and duration of exercise using a fitness app.



**Attainable**

Thirty minutes of moderate-intensity exercise five days a week is a realistic and attainable goal for many individuals.



**Relevant**

The goal is relevant to the universally positive objective of improving one's physical health.



**Time-bound**

The goal establishes a deadline for consistent exercise: three months!

# Sample Smart Goal For School Psy

**Karin Nielsen-Saines**

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