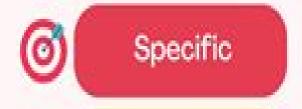
SMART Goal:

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



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



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



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



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



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

Sample Smart Goal For School Psy

Nadine J. Pelling, Lorelle J. Burton

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