

Create Your Own Challenge

Meet your SMART Goals each week for four weeks to complete this challenge.

Step 1: Set a goal using the SMART Goal planner.

Step 2: Track your stats by checking off the days you complete your new habit.

Step 3: Choose a new habit each week that will help you reach your goal.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Days Goals Achieved each week
Week 1	This week I will	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 2	This week I will	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 3	This week I will	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week 4	This week I will	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

SMART Goal Planner:

S - Specific: What exact goal do I wish to accomplish: _____

M - Measurable: What habits will I change or start to reach my goal: _____

A - Attainable: What skills or outside help will I need to reach my goal: _____

R - Realistic: Take into account my other responsibilities and time constraints, is this a realistic goal?

T - Timely: I will work toward this goal for the next four weeks

Example: I will drink 64 oz of water 5 days a week. Habits > Week #1: I will fill my 16 oz bottle with water, 2 times daily, at work.

Week #2: I will add a 16 oz bottle of water in the morning. Week #3: I will add a 16 oz water bottle in the evenings.

Week #4: I will use my new habits to drink 64 oz water daily.

TOTAL Days
