## "SMART" Goals

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



**Goal Definition:** Webster's defines a goal as, "...an object or end that one strives to attain; an aim."

> Basically a goal is something you want.

## You want it, but how do you get it?

## S (Specific & Small)

**M** (Measurable)

**A** (Action Based!)

R (Realistic)

T (Time Line)