***SMART Goals***

***S***

***M***

***A***

***R***

***T***

What is your ***SMART Goal*** in terms of **physical activity** for this semester? Please be clear.

*Goal:*

*How will you assess (Measure):*

*Steps (ACTIONS):*

*Is this Goal Reasonable to achieve?* ***Y / N***  *How?*

*Time Frame:*

Please give one ***Academic SMART Goal*** you are going to set for yourself this semester*:*

*Goal:*

*How will you assess (Measure):*

*Steps (ACTIONS):*

*Is this Goal Reasonable to achieve?* ***Y / N***  *How?*

*Time Frame:*