An example of a **properly formatted SMART goal** is:

I, (student name), will walk for 30 minutes, three times a week by 10/1/16. (The date inserted here should be the Saturday of Module 4 for your course.)

Your SMART goal:

**1**. I, [Name]

agree to

insert month/day/year

by [date: [Saturday of Module 4]

**2.** I will use the following tools to monitor my progress:

The weekly assignment Journal and (at least one other tool)-

[chart, graph, scales, etc., as appropriate for your goal]

**3.** To reach my final goal I have devised the following schedule of goals and

rewards [Need two mini-goals and your final goal (as written above in #1) and also list rewards for all. Be sure that your mini goals **match** your final goal, meaning they are in alignment with and will help you achieve your final goal. As in the example goal of walking, then both mini goals should address walking – see highlighted area below].

**You should have a total of 3 goals, 3 dates, and 3 rewards in the template below.**

|  |  |  |
| --- | --- | --- |
| **GOALS** | **TARGET DATE** | **REWARD** |
| *Mini goal example:*  *I will walk 10 minutes twice a week* | *Mini goal end date* | *Take time to get a manicure* |
| **Mini goal #1:** write your specific measurable mini goal here- | Saturday, Module 2 of your course  ***Insert target month/day/year*** | Write your reward here: |
| **Mini goal #2:** write your specific measurable mini goal here- | Saturday, Module 3 of your course  ***Insert target month/day/year*** | Write your reward here: |
| **Final goal** (as written in SMART goal organizer above): write your specific measureable Final Goal here- | Saturday, Module 4 of your course  ***Insert target month/day/year*** | Write your reward here: |

**4.** I amcurrentlyin the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stage of Change **(Must be a stage of change from the five stages of change article in last week’s readings)** because:

**[Concisely, but with substance, discuss why you think you are in this stage].**

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

[Your email address indicates your signature] [Date]