

SMART HEALTH GOALS

My SMART Health Goals

Specific, Measurable, Achievable, Relevant, Timely

1.

Reason for new Goal:

Ways to implement my new Goal:

- 1.
- 2.
- 3.

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2.

Reason for new Goal:

Ways to implement my new Goal:

- 1.
- 2.
- 3.

SMART HEALTH GOALS

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3.

Reason for new Goal:

Ways to implement my new Goal:

- 1.
- 2.
- 3.