



SMART Goals

What are your goals?

You're already 80% more likely to succeed because now you have written goals!

*Let's stack the deck in your favor even more by writing a **SMART** goal.*

Read more: <http://aliciacrosstraining.com/success-starts-with-a-smart-goal/>

Specific: Be clear. What do you want to accomplish?

Measurable: How will you measure success? (examples: 1RM, body fat%, body weight, other health markers, medications, etc.)

Attainable: Is this goal challenging enough to take you out of your comfort zone yet still reachable? How will you accomplish this goal? Who will help you?

Relevant: Why is this important to you? Why does it matter?

Time-Bound: When will you accomplish this? "A goal is a dream with a deadline." –Napolean Hill

Rewrite your goal as a SMART Goal:

Share your SMART goal with me so I can better help you.

Share it with friends and family or post it on social media for even more accountability.