

Name:

Date set:

**INITIAL 12-WEEK PROGRAM GOALS:**

- 1. Healthy eating:
  
- 2. Healthy living:
  
- 3. Physical activity:

Biweekly SMARTER Goals

Today's date:

**Session** 1  2  3  4  5  6

**HEALTHY EATING GOAL:**

Confidence level (1-10):

Success completion (0-100%)

**HEALTHY LIVING GOAL:**

Confidence level (1-10):

Success completion (0-100%)

**PHYSICAL ACTIVITY GOAL:**

Confidence level (1-10):

Success completion (0-100%)

**S**—Specific **M**—Measureable **A**—Attainable **R**—Realistic **T**—Time Bound **E**—Evaluate **R**—Reassess