CROSSFIT SOLENT

Goal-Setting Worksheet (SMART)

NAME: _____

Step 1: Write down your goal in as few words as possible.

My goal is to:

_____

Step 2: Make your goal detailed and **SPECIFIC**.

_____

HOW will you reach this goal? List at least 3 action steps you'll take (be specific):

1. _____

2._____

3._____

Step 3: Make your goal is **MEASUREABLE**. Add details, measurements and tracking details. I will measure/track my goal by using the following numbers or methods:

_____

I will know I've reached my goal when

_____

Step 4: Make your goal **ATTAINABLE**. What additional resources do you need for success?

Items I need to achieve this goal:

_____

How I'll find the time:

_____

Things I need to learn more about:

_____

People I can talk to for support:

_____

Step 5: Make your goal **RELEVANT**. List why you want to reach this goal:

Step 6: Make your goal **TIMELY**. Put a deadline on your goal and set some benchmarks.

I will reach my goal by (date): ___/___/____.

My halfway measurement will be _____ on (date) ___/____/_____.

Additional dates and milestones I'll aim for:

Step 7: Scale from 1 - 10 your strengths and weaknesses in the following categories.

Nutrition	1	2	3	4	5	6	7	8	9	10
Mobility	1	2	3	4	5	6	7	8	9	10
Gymnastics	1	2	3	4	5	6	7	8	9	10
Weightlifting	1	2	3	4	5	6	7	8	9	10
Endurance	1	2	3	4	5	6	7	8	9	10
Mindset	1	2	3	4	5	6	7	8	9	10