

S.M.A.R.T. Goal:

Specific

Measurable

Attainable

Realistic

Timely

S.M.A.R.T. Goal: I will eat well by cooking at least two meal a day at home using the Shred book so that I can stay under 150 pounds this year. I will check my weight on Sunday mornings at least once a month.

Specific

I will eat well by cooking at least two meals a day at home using the Shred book so that I can stay under 150 pounds.

Measurable

I will check my weight every Sunday morning.

Attainable

at least once a month.

Realistic

at least two meal a day, I can stay under 150 pounds this year., at least

Timely

Sunday mornings, once a month.

