

# Monthly Goal

Make your wellness goal a “challenge” for you.

What are SMART Goals?

- Specific, Measurable, Achievable, Relevant, Time-Bound

Goal: \_\_\_\_\_  
\_\_\_\_\_

**Explain Your Goal:**

**Actions To Take:**

# Quarterly Goal

Make your wellness goal a “challenge” for you.

**Medical:** Lose weight, lower cholesterol, lower blood pressure, etc.

**Physical:** Increase # of workouts, stairs, steps, miles, reps, etc.

Goal: \_\_\_\_\_  
\_\_\_\_\_

**Explain Your Goal:**

**Actions To Take:**