



SORTA HEALTHY GOAL ACCOUNTABILITY SHEET

ACCOUNTABILITY

Start with finding an accountability buddy and write their name down here

SHARE

Have you shared your goal with at least 5 other people and/or on social media?

IS YOUR GOAL A S.M.A.R.T. GOAL?

Use the boxes on the right hand side to help you set your S.M.A.R.T. Goal then come back and write it here

SET YOUR S.M.A.R.T. GOALS

S: SPECIFIC

EX: I want to lose 20 pounds

Write it down

M: MEASURABLE

EX: I will weigh myself 1x per week to track progress

Write it down

A: ATTAINABLE, ACTION, ACT LIKE ACHIEVED

EX: I will do this by exercising 3x per week and eating 1,500 calories per day

Write it down

R: REALISTIC

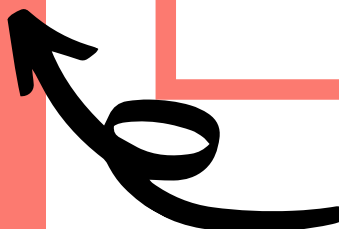
EX: I cannot lose all 50 lbs now, so starting with 20 will help me focus.

Write it down

T: TIME BOUND

EX: I will lose the 20lbs in 5 months (slightly less than 1lb per week)

Write it down



PUT IT TOGETHER