

Name and Date		
INTENTION	<i>What is it that you want to achieve?</i>	
SPECIFIC and MEASURABLE	<i>Who? What? Why? Where? When? How Much? How Many? How Often?</i>	At Home:
ATTAINABLE	<i>Achievable?</i>	Yes
RELEVANT	<i>Is it important to what you want to achieve ultimately?</i>	Yes
TIME BASED	<i>By When?</i>	