

SMART Wellness Goals Workbook

Turn a wish into a workable plan

Goals give your wellness journey direction — but vague goals rarely stick. The SMART framework turns a wish like "I want to be healthier" into a clear, workable plan.

The SMART Framework

- **Specific** — Name exactly what you'll do.
- **Measurable** — Decide how you'll know it's working.
- **Achievable** — Choose something realistic for your life right now.
- **Relevant** — Connect it to what truly matters to you.
- **Time-bound** — Set a date or timeframe to check in.

Common Wellness Goal Areas

- Movement & activity
- Nutrition & hydration
- Sleep & rest
- Stress & emotional health
- Social connection

From Vague to SMART

Vague Goal	SMART Version
I want to be healthier.	I will take a 15-minute walk after dinner, 4 days a week, for the next month.
I want to sleep better.	I will turn off screens by 9:30 pm on weeknights and track it for 2 weeks.

Tips for Tracking Progress

- Use a simple tracker or calendar — visual progress is motivating.
- Celebrate small wins along the way, not just the end result.
- Expect bumps. Adjust the plan, don't abandon it.
- Revisit your goals with your coach regularly.

COACH'S TIP

A goal you'll actually do beats a perfect goal you'll abandon.

WRITE YOUR OWN SMART GOAL

Goal #1

Component	Your Answer
S – Specific	
M – Measurable	
A – Achievable	
R – Relevant	
T – Time-bound	

Goal #2

Component	Your Answer
S – Specific	
M – Measurable	
A – Achievable	
R – Relevant	
T – Time-bound	