

S.M.A.R.T. Goals



Specific

*What do you want to achieve? Why?
How will you achieve it?*

Example: I will increase my physical activity by walking two days per week on my lunch break for 30 minutes on Monday and Wednesday.



Measurable

Establish concrete criteria for measuring progress.

Example: I will track my stats and steps by using my smart watch and printed tracking sheet.



Action-Oriented

What intentional step(s) can you take to move closer to your goal?

Example: I will work with a health coach, create a walking music playlist, keep a pair of sneakers by my desk, set a calendar reminder on Outlook, and place my goal sheet by my workspace.



Realistic

Is this goal realistic with effort and commitment?

Example: Yes, this is realistic because I can balance out my life and obligations while including my walking break without feeling overwhelmed or pressured.



Time-bound

Set a start and end date—how will you know when you have completed your goal?

Example: I will begin on April 1 and will complete my goal by May 13.

Notes:

Notes section with horizontal dashed lines for writing.



S.M.A.R.T. Goals

1. What area of well-being best describes your SMART goal?

- Emotional
- Financial
- Social
- Physical
- Mental

2. What specific goal do you want to achieve in this area? Why did you decide on this goal?

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3. How will you measure or track your progress?

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4. What intentional steps can you take to move closer to your goal?

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5. What potential barriers might you face? How will you overcome them?

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6. Who will serve as your support system to help hold you accountable?

7. If you have a set back, what will you do to remain positive and continue going forward?

8. On a scale of 1 to 10, how confident are you that you can accomplish your goal?

1 2 3 4 5 6 7 8 9 10

Impossible ←————→ Piece of cake!

9. Once you complete your goal, how will you positively reward yourself?

10. Once you complete your goal, what will be your plan to maintain your new habit?

S.M.A.R.T. Goals

My SMART goal: I will...

starting on

and ending on

Month:	S	M	T	W	TH	F	S
Week 1							
Week 2							
Week 3							
Week 4							
30 Day Check-in:							
How did you do on progressing towards your goal for the past 30 days? Is there anything you need to re-evaluate or change? What is going well?							
Week 5							
Week 6							
Notes:							

The Well Wisconsin incentive program is a voluntary program available to employees, retirees and spouses enrolled in the State of Wisconsin Group Health Insurance Program, excluding Medicare Advantage participants who have incentives available through their health plan. The Well Wisconsin incentive will automatically be issued to eligible participants upon completing the applicable activities. All wellness incentives paid to participants are considered taxable income to the group health plan subscriber and are reported to their employer, who will issue a W2. In some cases, the Wisconsin Retirement System acts as the employer. Retirees, continuants and their spouses will have some taxes withheld from the incentive amount earned.