**Specific:** Clear & detailed. Switch “I want to be active” with “I will be active by riding my bike.”

**Measurable:** Is the goal outcome measurable? “I will be bike for 20 minutes” makes the goal measurable since we are measuring minutes.

**Attainable/Achievable:** Make sure your goal is achievable and is truly possible given your resources (social, economic, cultural, time, etc.).

**Realistic/Repeatable:** Start small and gradually increase the intensity of the goal once you feel a habit has formed. Also, is the goal relevant or repeatable?

**Time-bound:** Give yourself adequate time to achieve this goal - whether for within the next week or by six months. Setting an end point gives a clear target.