



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.