

Health Goals Sheet

Employee Wellness



Name: _____ Date: _____

S	Make it Specific	What do you want to achieve?
M	Make it Measurable	How do you know that you have achieved your goal or that you are on the right path?
A	Make it Attainable	What steps do you have to take to accomplish the goal?
R	Make it Relevant	Why is this goal important to you? And why now?
T	Make it Timely	When will you accomplish the goal? What's the timeline?