

NEW YEAR: NEW GOALS!

Play it **SMART** in 2019

Specific, **M**easurable, **A**chievable, **R**elevant, **T**imely

Short Term:

What:

How:

Medium Term:

What:

How:

Long Term:

What:

How:

Short Term: What would you like to accomplish by the end of January 2019?

Medium Term: What would you like to accomplish by the end of June 2019?

Long Term: What would you like to accomplish by the end of December 2019?

These goals **do not have to be fitness/nutrition oriented!**

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Short Term:

What: Decrease my screen time

How: For an hour during the day intentionally step away from my devices - gradually increase from one to two hours during the day.

Medium Term:

What: I would like to increase my water intake

How: Every day for one month, I will drink one glass of water when I wake up and one before bed.

Gradually increasing to two glasses then adding one glass with every meal

Long Term:

What: Spend more time with my kids/family

How: Twice a week we will make time to come together for a meal.

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