

HOW TO MAKE A SMART GOAL

Circle the correct answer then place your completed quiz in the Suggestion Box by **26 January 2016** to be in the draw to win a 30 minute massage at 360 Physio.

The “S” in a SMART goal stands for “Specific.”

TRUE / FALSE

New Year Resolutions are impossible to achieve.

TRUE / FALSE

I should wait until the New Year to start planning my SMART goal.

TRUE / FALSE

SMART goals are useful for exercise only.

TRUE / FALSE

My SMART goal should fit my lifestyle.

TRUE / FALSE

FULL NAME: _____

TELEPHONE _____