



## LIVING WELL

### WORKSHEET DUE JUNE 15<sup>th</sup>!!

Please tell me how you did on your goals for the 1<sup>st</sup> six months of 2017.

Goal #1	
Goal #2	

Then consider two new goals for the last six months of 2017. Please make sure they are measurable.

	<i>SMART Goal</i>
Example:	I will exercise at least 30 minutes, 5 days per week.
Goal #1	
Goal #2	

**SMART goals: Specific, Measureable, Agreed Upon, Realistic, Time-Based.**  
**Please be specific in the goals that you set. Use the example above to help you make your goal.**

After determining your goals, please scan and email to Lauren at [livingwell@haymed.org](mailto:livingwell@haymed.org), fax to 452-8067, or drop off at Lauren's office on the 2<sup>nd</sup> floor of the Fitness Center. You will receive one stamp in your Living Well Passport for completing this task.