

SMART Goal Action Plan Template

Goal Area:	Personal: Health	
SMART Goal	Improve my PT (physical training) score to _____.	
Outcome/Results	Improve my sense of physical well-being.	
Action and Time Line	Action Steps	Time Line
	1) Create a workout routine through the resource MyMilitary GPS PersonalPlan>Health and Fitness .	Within 2 weeks, by _____
	2) Find a way to track my progress on MyMilitary GPS PersonalPlan>Health and Fitness .	Within 2 weeks, by _____
	3) Take an initial fitness test.	Within 3-4 weeks, by _____
	4) Follow my plan.	How often (daily? Weekly? _____)
5) Complete physical evaluation as necessary.	By (date) _____	
Support Network	My team leader: _____	
	My squad: _____	
	My workout buddy: _____	
Obstacles		
Adjustments		

Career and Life Planning Workshop - SMART Goal Setting

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