

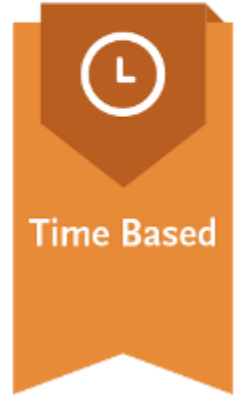
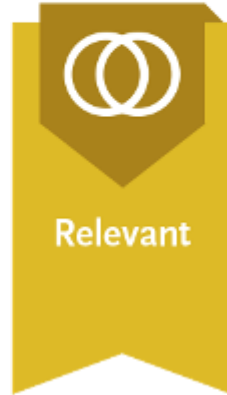
S

M

A

R

T



First, you have to have an idea of something you want to DO or CHANGE.

I'd really like to look better and feel better about myself.

1. Get Specific

I want to lose weight .

2. Make it Measurable

I want to lose 20 pounds.

4. Is it Realistic?

Consider your time, resources, finances, etc.

3. Make it Achievable

I will start eating better foods and exercising.

5. Set a Timeframe

I will lose 20 pounds in the next 3 months.