

SMART Goal Contract

Now that you've identified your SMART goal and created your action plan for achieving it, it's time to make a promise to yourself that you're actually going for it.



I, _____ (your name), will stick to the SMART goal I created using the goal-setting worksheet.

My SMART goal states:

I will also refer to my SMART goal action plan to remind myself of the steps I need to take, the health and life obstacles I may encounter and how I'll overcome them, the people I can ask for help, and the milestones I plan on hitting on the way to reaching my goal.

Your signature:

_____ Date: ___ / ___ / ___

If you'd like to, go ahead and share this contract with your doctor at your next office visit. Your doctor will be able to review your goal and recommend ways to help you achieve it.

Your doctor's signature (optional):

_____ Date: ___ / ___ / ___