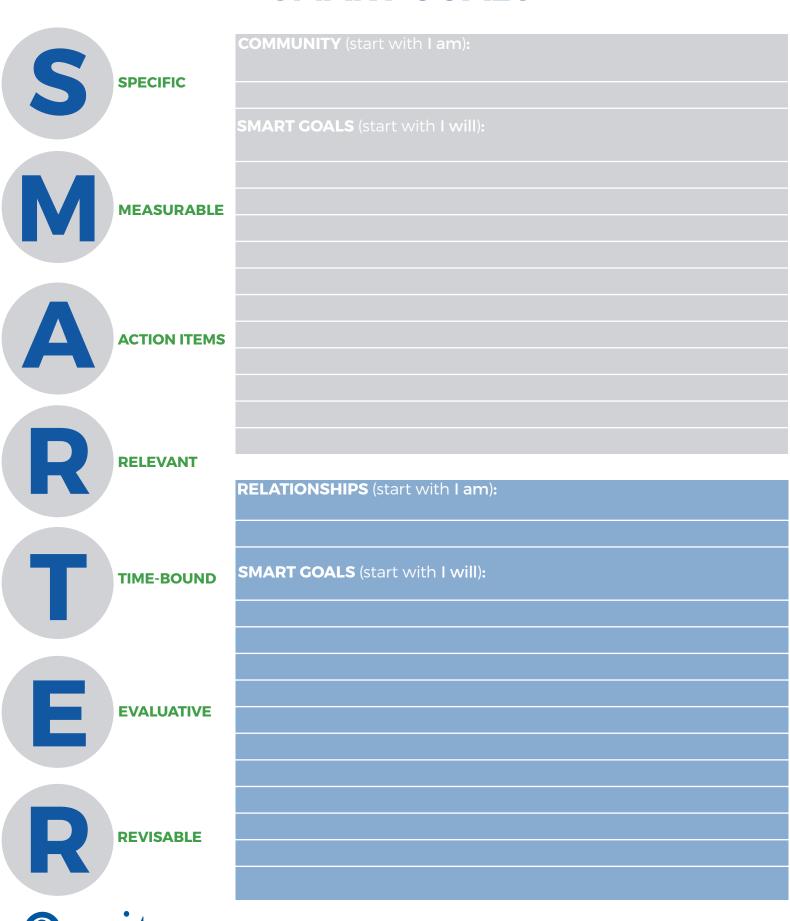




S	SPECIFIC	FREE TIME/FAMILY TIME (start with I am):
		SMART GOALS (start with I will):
M	MEASURABLE	
	ACTION ITEMS	
A		
	RELEVANT	
		HEALTH/APPEARANCE (start with I am):
T	TIME-BOUND	
		SMART GOALS (start with I will):
E	EVALUATIVE	
R	REVISABLE	





S	SPECIFIC	PERSONAL (start with I am):
		SMART GOALS (start with I will):
M	MEASURABLE	
	ACTION ITEMS	
	RELEVANT	
		OTHER (start with I am):
	TIME-BOUND	
		SMART GOALS (start with I will):
E	EVALUATIVE	
R	REVISABLE	