

SMART

Goals

Specific

Example: Include the greens **kale, spinach, or chard** in at least one meal daily.

Measurable

Example: Track my water and drink **eight glasses every day**.

Achievable

Example: Do **10 minutes** of moderate-intensity exercise 7x per week.

Relevant

Example: Find 1 TikTok per week that shows **how to cut a veggie**, and then practice this method afterwards.

Time bound

Example: On M, W, F - set your alarm for 5:00am and meditate. Do this for the **next two weeks**.