# SMART GOALS

**JAN GYM BUDDY**
1 TO 1 PERSONAL TRAINING

CLIENT NAME:

GOAL SET DATE:

CLIENT SIGNATURE:

| Goal: LONG TERM | |
|---|---|
| S (specific): | |
| M (measurable): | |
| A (achievable): | |
| R (relevant): | |
| T (time-framed): | |

| Goal: MEDIUM TERM | |
|---|---|
| S (specific): | |
| M (measurable): | |
| A (achievable): | |
| R (relevant): | |
| T (time-framed): | |

| Goal: SHORT TERM | |
|---|---|
| S (specific): | |
| M (measurable): | |
| A (achievable): | |
| R (relevant): | |
| T (time-framed): | |