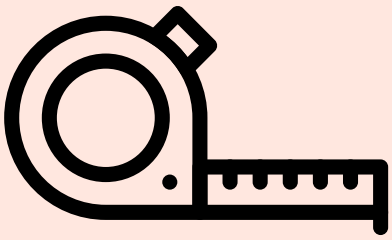
Smart Goals



Specific

S

I want to maintain my money better and only spend $200 a month and save $300 each month.



Measurable

M

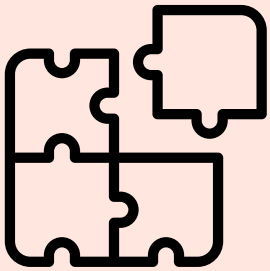
I will save at least 50% of my pay check and wait at least 2 days after receiving it to spend any money.



Achievable

A

This goal is realistic considering that I do not need a lot of things and can minimize unnecessary monthly purchases.



Relevant

R

Saving $300 a month will add up fast and having money is certainly relevant. This will pay off in the future!



Time-bound

T

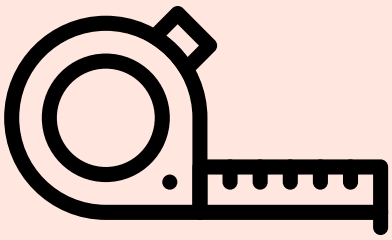
I would like to do this until June! I can be more lenient with my spending in the Summer.

Smart Goals Countinued



Specific

S I want to increase my stamina and participate in some form of cardio everyday for at least 30 minutes. EX: running, dancing, swimming, etc.



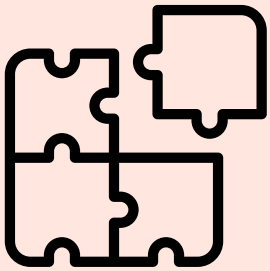
Measurable

M With dance, it is important to not look out of breath in routines so I will know that I achieved this goal when I can run a routine several times in a row, no problem.



Achievable

A This is realistic as I already do some type of cardio 5x a week but I want to up this to every day. I want to increase my stamina before school dance team tryouts.



Relevant

R This goal is absolutely relevant as I still dance 3x a week. In the fall, I dance 5-6x a week and it is important to have stamina. This will definitely pay off!



Time-bound

T I want to be consistent and do cardio for a minimum of 30 minutes every day until Tryouts in early May.