Step 1: Set Your Primary Goal
What is your main goal related to caffeine? (e.g., 'I want to quit drinking coffee entirely.')
Step 2: Make It SMART
Specific: What exactly do you want to achieve?

Measurable: How will you measure progress?
Achievable: Is this goal realistic? What steps will help you succeed?
Relevant: Why is this goal important to you?

Time-bound: What is your deadline to achieve it?					
Step 3: Action Plan & Milestones					
Week	Target	Actions You Will Take	Reward or Encouragement		

Step 4: Anticipate Challe	nges & Plan Solutions				
What might get in your way?					
How will you deal with these challenges?					

Step 5: Accountability & Support
Who can help support your journey?
How will you hold yourself accountable?
My SMART Goal Statement
"I will
so that
by (data) "