SMART-C Goals	
S **Specific**	A specific goal is very detailed about what you are trying to accomplish. For example, the goal "I will increase my cardiovascular endurance" isn't very specific. A more specific goal is "I will increase the number of laps I can do on the Pacer test **from 45 to 50**".
M **Measurable**	Your goal should have measurable criteria that tell you exactly what you are working toward and when you have achieved it. What tests are you using? For example, the goal "I want to become more flexible" does not indicate what more flexible is. A more measurable goal is "I want to increase my score on the Back-Saver Sit and Reach by 2 inches."
A **Attainable**	Your goal must be achievable and realistic, if not it's a waste of time. For example, the goal "I want to increase the number of Pacer laps from 30 to 50 in six weeks" is probably too challenging for most people. A more achievable and realistic goal is "I want to increase the number of Pacer laps from 30 to 35 in six weeks."
R **Realistic**	
T **Timeline**	Your timeline should be a period of time that you set for accomplishing your goals. It may be a start date with progressive changes. For example "I will increase the number of laps I can do on the Pacer test from 45 to 50 **by the mid semester test,** and to 55 **by the end-semester test.**"
C **Challenging**	Your goal must be of the kind that takes some effort to accomplish. If it is too easy you may become bored and if it is too hard you may become frustrated. For example, if you can currently do three sets of 15 ninety- degree push-ups to the 1/3 sec. cadence, a 10% increase (add 1-2) to each set in two weeks provides a challenge. Or "I will increase the number of laps I can do on the Pacer test from 45 to 50 in six weeks".

<u>Examples of a SMART-C goal with a plan:</u>

- **Goal:** I can currently do 27 three seconds-cadence push-ups. My goal is to be able to do 30 by the mid-semester test, and 33 by the end-semester test. Which parts of this goal are S, M, A, R, T, and C?

- **Plan:** I will do three sets of 15 three seconds-cadence push-ups in the morning as soon as I get up every Monday, Wednesday and Friday. I will re-evaluate this plan and revise my goal after the mid-semester test.