

# **SPECIFIC**

E.g. I want to be able to walk for an hour

# **MEASUREABLE**

E.g. I will go for a walk every day and try to walk 5 minutes longer each time

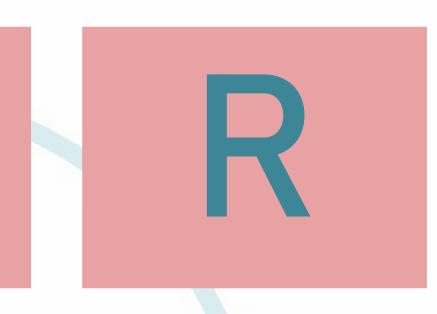
**ATTAINABLE** 

E.g. I will walk to the shop instead of taking the bus

MY DNEYS & ME







RELEVANT

## TIME

E.g. If I can walk longer I will be able to go on dog walks with my family

E.g. I want to be able to do this by next month

