

S

SPECIFIC

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

G

M

MEASUREABLE

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

O

A

ATTAINABLE

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

A

R

RELEVANT

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

L

T

TIME

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

S