SMART Goals: Goal Card

S: specific **M**: measurable **A**: action oriented **R**: relevant **T**: timely

SMART Goal Example: I will eat at least two whole grains every day for two weeks.
Action steps:

- Research online the whole grains I might want to buy
- Clean my pantry; remove white flour products
- Make a shopping list that includes whole grain products
- Buy whole grain products and stock my pantry
- Cook one *new* whole grain recipe each week

SMART Goal #1:

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Action Steps:

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SMART Goal #2:

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Action Steps:

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SMART Goal #3:

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Action Steps:

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