

## Level 3 Personal Training SMART Goals

The Short-term SMART Goal (One Sentence)	
<b>S</b> PECIFIC	
<b>M</b> EASURABLE	
<b>A</b> CHIEVEABLE	
<b>R</b> EALISTIC	
<b>T</b> IMEBOUND	

## Level 3 Personal Training SMART Goals

The Medium-term SMART Goal (One Sentence)	
<b>S</b> PECIFIC	
<b>M</b> EASURABLE	
<b>A</b> CHIEVEABLE	
<b>R</b> EALISTIC	
<b>T</b> IMEBOUND	

## Level 3 Personal Training SMART Goals

The Long-term SMART Goal (One Sentence)	
<b>S</b> PECIFIC	
<b>M</b> EASURABLE	
<b>A</b> CHIEVEABLE	
<b>R</b> EALISTIC	
<b>T</b> IMEBOUND	