

Time Smart Goals

Lose Weight With S.M.A.R.T. Goals!

S

Specific



I would like to lose 15 pounds in 3 months

M

Measurable



Dive further into your specifics

A

Achievable



your goals must be realistic

R

Relevant



Your goals should be your own

T

Time-Bound



Give yourself a time frame



GastroDoxs

defenders of the digestive system