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| 2019 GOALS |
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# Personal Goal Title – *Select a broader category for this title. For example, lose 10 LB or career*

# #1 First Objective - *Make this a specific task. For example, if you’re looking to loose 10lb as a goal, this could be “reduce sugary beverages”(we’ll use reduce sugary beverages for the remainder of the example). Add additional SMART charts under it if there’s multiple tasks to reach the Goal.*

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| S | What: Be specific about the task – *Reduce cola and sugary drinks from my diet from 35 per week to 5 per week.*Why: How will this help accomplish your goal. – *It’s my single largest source of calories and sugar. Reducing this will reduce my sugar intake significantly.* |
| m | 1. How will you measure this goal. - *I estimate I drink 5 sodas per day(35 per week). I will use my smart phone to track each soda I have.*
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| a | 1. Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal? Is the amount of effort required on par with what the goal will achieve? -  *I have a smart phone and I’ll use the Notes app to track my intake.*
2. *I’ve found healthier alternatives to soda*
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| r | Is it realistic? – *Yes. I’ll per purchase drinks to take in the truck. I’ve set a timeline to slowly reduce my soda intake and make it a regular part of my lifestyle.* |
| t | What’s the timeline? – *7 weeks.* *First week – Reduce by 5 drinks. From 35 to 30**2nd Week – Reduce by 5 drinks. From 30 to 25**3rd week - Reduce by 5 drinks. From 25 to 20**4th week - Reduce by 5 drinks. From 20 to 15**5th week - Reduce by 5 drinks. From 15 to 10**6th week – No reduction**7th week - Reduce by 5 drinks. From 10 to 5* |