

# 11. SETTING SMART GOALS

After this challenge, you'll be able to set a goal that aligns with the benefits of physical activity that matter most to you. You'll also have the ability to stick to that goal for at least 2 weeks, helping you stay motivated and focused on your progress!

## CHALLENGES

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#1.

(20  
minutes)



What would you like to achieve with physical activity?

Write down your goal.

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#2.

(20  
minutes)



1. Watch the VIDEO to learn everything about SMART goals.

**How To Write Smart Goals Effectively | Lifehack**

[https://www.youtube.com/watch?v=VZXcKyevXKM&ab\\_channel=LifeHack](https://www.youtube.com/watch?v=VZXcKyevXKM&ab_channel=LifeHack)

2. To increase your chance of achievement, it's important to set 'good' goals.  
Write down your own personal SMART goal which could be achieved within 1 month.



**Be active**

**Be well**



**PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!**



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# #3.

(10 days)



Try to reach your SMART goal as planned.

Did you achieve your first SMART goal?

If not, could you have formulated it differently? Watch the video about formulating SMART goals again, and see if your goal aligns with all the requirements of a SMART goal.

If so: great! Let's try another (bigger) one. What is your next goal? Try to bring about another one that is achievable within two or 3 months.

*"Physical activity and reaching our own goals make our brain happy. Both activate our reward system, causing a dopamine release: say hi to a double dose of dopamine and happiness!"*



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