SMART Goals Tree Diagram

Example

SMART GOAL | **MAJOR TASKS** | **SUB-TASKS** | **IMMEDIATE ACTION**

For my son's 10th birthday, I am planning to take my family to Disney the second week of December 2007.

- Form a budget
  - *List trip specifics*
    - Book flight / hotels
    - Book park tickets
  -
  -
- Work - week consid-erations
  - *Check with supervis*
    - Book off week
    -
  - *Check with co-workers*
    -
    -
  -
- Look good in bathing suit
  - Eat healthy
    - Drink 8 glasses water
    -
  - Exercise
    - Weight train 2/wk
    - Walk 30 min /day
  -

___Specific

___Measurable

___Achievable

___Realistic

___Timely

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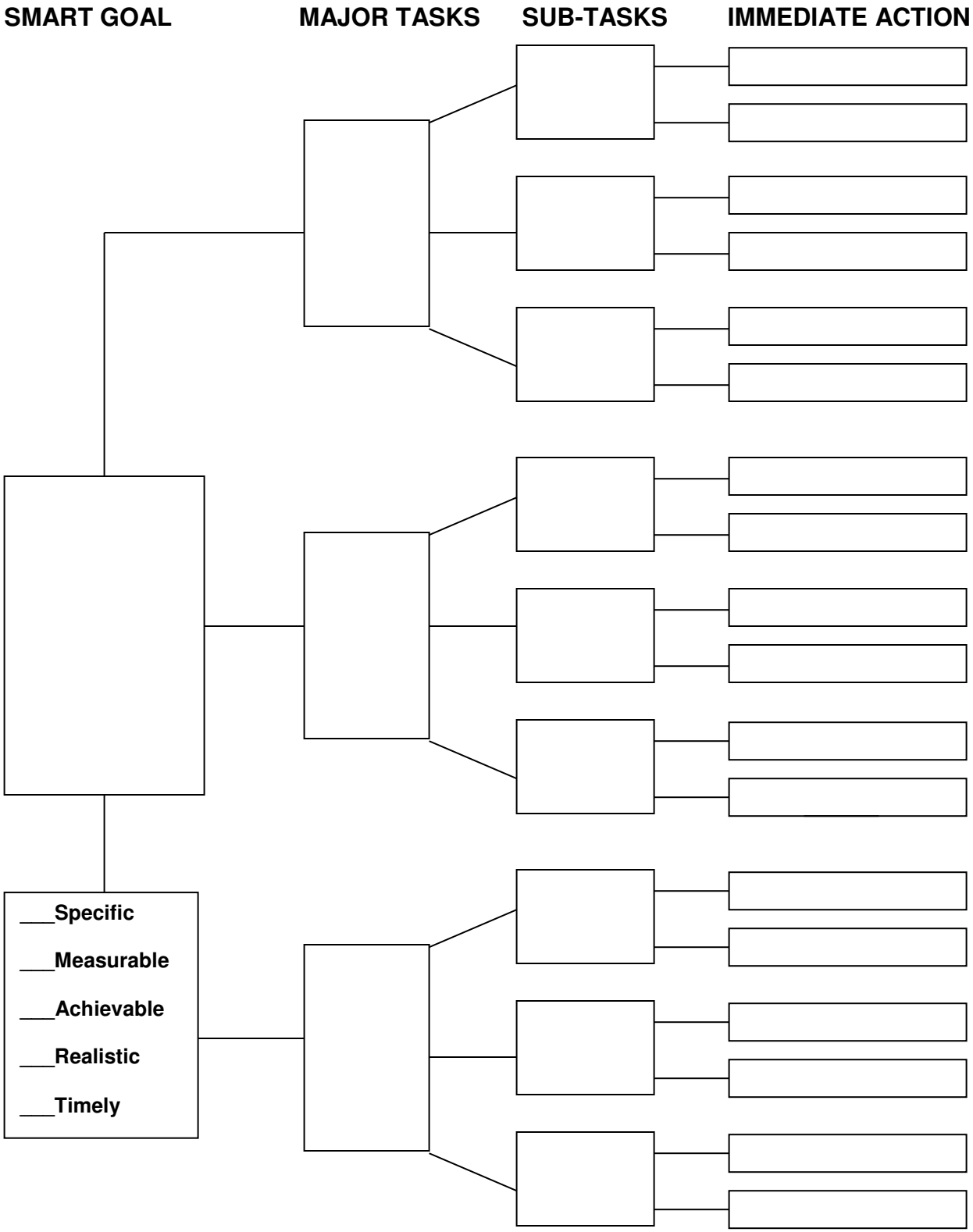

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