

KICKSTART YOUR

SMART GOAL



**2023 NEW YEAR KICKSTART
SMART CHALLENGE**

How to Participate:

1. Weigh In
2. Set a S.M.A.R.T. goal for weight option with your WebMD Representative
3. Weigh Out

IT'S THAT EASY!

**TIMEFRAME: 8 WEEKS
RUNNING JANUARY 9 - MARCH 3**

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S

SPECIFIC

What do you want to do?

M

MEASURABLE

How will you track your progress?

A

ATTAINABLE

How will you do it?

R

RELEVANT

Is this relevant to your life right now?

T

TIMELY

When do you want to do it?

**WHAT ARE SMART GOALS?
ARE YOUR GOALS SMART ?**

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SMART GOAL



S

M

A

R

T

WHAT ARE SMART GOALS? ARE YOUR GOALS SMART?

Return to your WebMD Coordinator:

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