

## SMART Goal Examples

### Step Goals (Short term or smaller races)

1. On March 15<sup>th</sup>, 2011 I will run the Breast Cancer 5k in a time of 20:45.  
*timeline      action oriented      specific      measurable/realistic*
2. On May 21<sup>st</sup>, 2011 I will run the Road-Rage Half-marathon in a time of 1:40:00  
*timeline      action oriented      specific      measurable/realistic*
3. I will run 60 training miles/week for 2 weeks in the month of April, 2011.  
*action oriented      specific      measurable/realistic      timeline*

### Program Goal

1. On June 24<sup>th</sup>, 2011 I will run the full marathon in a time of 3:35:00.  
*timeline      action oriented      specific      measurable/realistic*

### Examples of Career Goals (Long term)

1. I am so happy and grateful now that I have broken 3 hours in the full marathon!
2. I am so stoked and proud of myself for running a total of 25,000 miles before the age of 50!