



### SMART Goal Action Plan

<b>My SMART Goal</b> (e.g. see a film at the cinema in 3 months)		
<b>Where am I now?</b> (What can I do currently?)		
<b>Main steps</b> (e.g. ↑sitting tolerance, practice posture change in other social situations, etc.)		
<b>Date to review by:</b>		
<b>Action plan</b>		
Step	Task	Aim to be done by
1		
2		
3		
4		
5		
6		
7		
8		