

# My Eating for Recovery Plan

## Weekly S.M.A.R.T. Goals

SMART Goals: Specific Measurable Achievable Relevant Time-bound

1. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

2. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

3. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

4. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

5. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

6. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

7. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

8. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

9. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

10. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

11. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_

12. (date) \_\_\_\_\_

Reflection(s): \_\_\_\_\_