Before you begin the STRONGER BLA 2020 Challenge, we want you to establish a few SMART goals. SMART stands for **specific, measurable, achievable, realistic, and time-bound.** By making sure the goals you set are aligned with the five SMART criteria, you have an anchor on which to base all of your focus and decision-making. Write down a few concrete goals you would like to meet in the upcoming days and weeks.

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**DAILY GOALS**

Example: I will drink 64 oz of water daily by keeping my water bottle with me at all times

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**WEEKLY GOALS**

Example: I will spend 10 minutes in silent meditation before I start my day, at least 4 days a week

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**6 WEEK CHALLENGE GOALS**

Example: I will build up my resiliency by tracking my habits every day and develop at least 3 new healthy activities I can continue after the challenge