

*S*

●●●

*specific*

Example: Understand how alkaline my body is and lose 1-2 kilos in 14 days

*M*

●●●

*measurable*

Example: I will know I achieved this when I see my body is alkaline through the colour of my pee, and at the end of the 14 days I would have lost 1-2 kg

*A*

●●●

*achievable*

Example: 1-2 kg is achievable because I now appreciate how acidic my body is and need to mitigate what's preventing me from losing weight

*R*

●●●

*relevant*

Example: after going through the content, I realise how acidic my body is and believe this is what prevents me from losing weight

*T*

●●●

*Time-based*

Example: I would have achieved this on x date - a total of 14 days starting from X date

*How smart is your goal?*

*S*

●●● *specific*

*M*

●●● *measurable*

*A*

●●● *achievable*

*R*

●●● *relevant*

*T*

●●● *Time-based*

*How smart is your goal?*