

ACP Initial Planning

EXAMPLE SMART GOAL: <i>Between March 15 and Labor Day, I will be able to run a 5K in under 35 minutes.</i>													
SAMPLE TASKS	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Sample Notes
Walk 15 minutes 3x a week; increase time by five minutes a week until walking 30-35 minutes briskly													<i>Benchmark: walking 30-35 minutes briskly</i>
Run and walk in intervals 3x a week, increasing the proportion of time spent running instead of walking until able to run for 30 minutes without stopping.													<i>Benchmark: able to run for 30 minutes without stopping.</i>
Do training intervals and longer runs to increase lung capacity, speed, and endurance until 5K time is below 35 minutes.										5K			<i>Benchmark: 5K time is below 35 minutes.</i>
SMART GOAL #1:													
Task	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes

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SMART GOAL #2:													
Task	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes
SMART GOAL #3:													
Task	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes
SMART GOAL #4:													
Task	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes

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SMART GOAL #5:													
Task	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Notes