

Name

Getting Enough Z-Z-Z-Z-Z-Z

Step 4: Evaluate whether or not the goal was met.

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Step 3: Monitor progress and make changes if needed.

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Step 2: List steps for reaching the goal.

- when to act on the steps
- needed materials
- who can help

Step 1: Develop a clear, "SMART" goal.

- Measurable
- **A**chievable
- Relevant Time-Bound

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