



Denette Family Chiropractic

2019 Goal Worksheet

My Purpose

My Values

My SMART Goals

GOAL 1

Specific Goal :

Measured how:

Achievable (What will the obstacles be and how will you overcome them?)

Relevant (How does it align with your purpose and values?)

Time Frame (When will you complete this goal?)

GOAL 2

Specific Goal :

Measured how:

Achievable (What will the obstacles be and how will you overcome them?)

Relevant (How does it align with your purpose and values?)

Time Frame (When will you complete this goal?)



If your health is preventing you from achieving a goal, let us help! Bring this coupon in for a complimentary exam and report of findings and **\$25 off of a care plan!**
Expires 01/31/2019