

SMART Goals for Health

S Specific	Schedule and attend bi-annual general health check-ups.
M Measurable	Document your medical appointments and the resulting health recommendations.
A Achievable	Set reminders for scheduling your check-ups well in advance.
R Relevant	Regular health check-ups help detect potential health issues early, contributing to better outcomes and prevention.
T Timely	Set your first health check-up appointment for next month.

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IM Harris



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