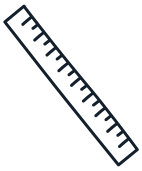
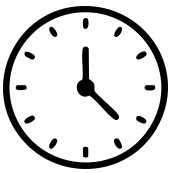
SMART GOALS

SPECIFIC	
MEASUREABLE 	
ATTAINABLE	
RELEVANT	
TIMELY