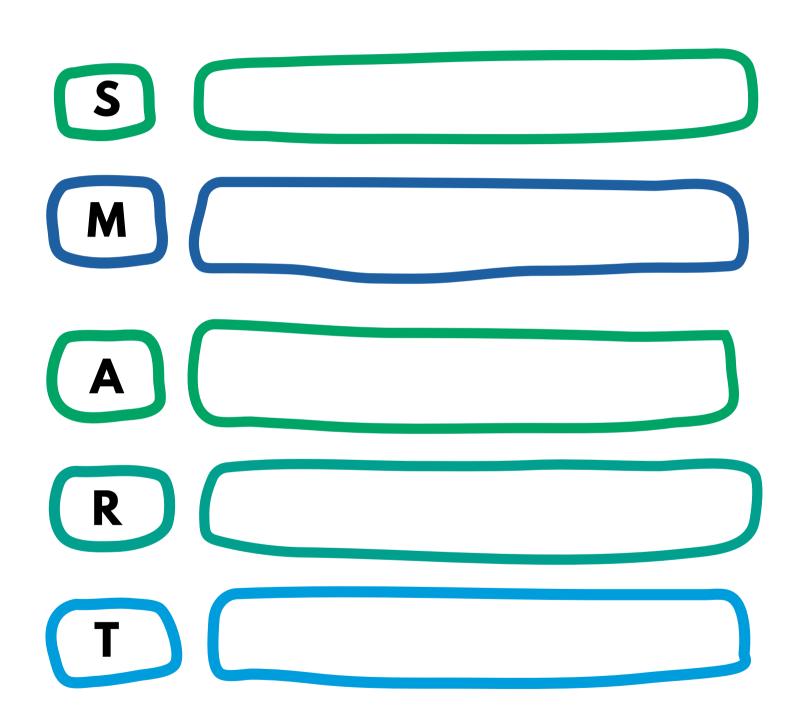
## Be S.M.A.R.T. Worksheet

Identify your own coaching model under each SMART category



Adapted from "Be S.M.A.R.T.", developed by G. Diniaco, Prevention First, Columbus, Ohio