

SMART Goals for Health

S Specific	Limit daily leisure screen time to a maximum of two hours.
M Measurable	Use device settings or apps to monitor your screen time.
A Achievable	Gradually decrease screen time by setting device limitations and pursuing other non-screen related leisure activities.
R Relevant	Reducing screen time can alleviate eye strain, improve sleep, and provide more time for physical activity or relaxation practices.
T Timely	Achieve this screen time limit over the next two months.

Smart Start To Health And Fitness

Scott C. Dulebohn



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