

B	I	N	G	O
v	goal has a set time	v	v	v
goal is something I really want to work on	v	v	goal is achievable	v
v	v	FREE	goal is measurable	v
v	v	v	v	v
v	goal is relatable	v	what will I do to accomplish this goal?	goal is specific

B	I	N	G	O
v	goal is achievable	v	goal is something I really want to work on	v
v	what will I do to accomplish this goal?	v	goal is relatable	v
v	goal is measurable	FREE	v	goal has a set time
v	v	v	goal is specific	v
v	v	v	v	v

B	I	N	G	O
goal is relatable	v	goal is achievable	v	goal is measurable
v	v	v	v	v
v	goal is specific	FREE	v	v
v	v	v	what will I do to accomplish this goal?	v
v	goal has a set time	v	goal is something I really want to work on	v