

Stretch goals	SMART goals	Commit goals
Goals set beyond current capabilities or expectations	Goals that are Specific, Measurable, Achievable, Relevant, and Time-bound	Non-negotiable goals that an individual or organization commits to achieving
Encourage big thinking and innovation	Provide clarity, focus, and motivation	Designate top priorities and help to focus effort

Js Daily Exercise Goals Stretching Report

Janet H. Carr,Roberta B. Shepherd



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