Goal Setting **January 1, 2010—December 31, 2010**

Goal-setting should be SMART (specific, measurable, attainable, realistic, and timely). Set goals that are work for you, your group, or your family.

The San Juan Mountains Association will be recognizing:

- the family who hikes the most miles during the 2010 calendar year
- the family who spends the most time hiking
- the family who bikes the most miles
- the family who spends the most time exploring our public lands
- the family with the most improved hiking/biking results, week to week, and from beginning to end
- and simply for being a participant

This project is funded by a "Take It Outside" grant through the Bureau of Land Management.

Date	Participants	Biking or Hiking	Time Spent	Number of Miles	Location

CONSERVATION EDUCATION PROGRAM
Learning on the Land

Take your completed forms to:

San Juan Mountains Association
15 Burnett Court
PO Box 2261
Durango, CO 81302

Education Program: 970-385-1256
Email: gabi@sjma.org
For Trail Information: San Juan Public Lands

Public Lands Info: 970-247-4874