How are goals, measures, and targets related?

Goals
What are we trying to achieve?
Example: Improved physical health

Measures
What will help us understand whether we are making progress towards our goal?
Example: Blood pressure, cholesterol level, Body Mass Index (BMI)

Targets
What benchmark (or level of performance) are we working towards in service of achieving our goal?
Example: Blood pressure of 120, cholesterol levels under 200 (mg/dL), or BMI between 18.5 and 25