

## My SMART Goal Tracking

**S** Specific: Set a specific goal, name it, and list the details of what you want to do.

**M** Measurable: How will you measure the goal? How will you tell when you've done it.

**A** Achievable-in-steps: Start very small and make your goal easily achievable. List the steps.

**R** Rewarding: What rewards will I get when completing my goal?

**T** Time: Decide on a date you will start and set a deadline for you to complete your goal.

### SMART Goal

Specific Goal \_\_\_\_\_

Measurable \_\_\_\_\_

Achievable in steps (list the steps) \_\_\_\_\_

Rewarding \_\_\_\_\_

Start \_\_\_\_\_ End \_\_\_\_\_

Tracking my Progress:

Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_

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### SMART Goal

Specific Goal \_\_\_\_\_

Measurable \_\_\_\_\_

Achievable in steps (list the steps) \_\_\_\_\_

Rewarding \_\_\_\_\_

Start \_\_\_\_\_ End \_\_\_\_\_

Tracking my Progress:

Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_ Day/Date: \_\_\_\_\_

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