

SMART GOAL TRACKING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:	Date:	Date:	Date:	Date:	Date:	Date:
Goal:	Goal:	Goal:	Goal:	Goal:	Goal:	Goal:
Goal Met? Yes / No	Goal Met? Yes / No	Goal Met? Yes / No	Goal Met? Yes / No	Goal Met? Yes / No	Goal Met? Yes / No	Goal Met? Yes / No

Is my goal:

1. **S**pecific and small?
2. **M**easureable?
3. **A**ction oriented?
4. **R**ealistic?
5. **T**ime stamped?