SMART Goal

START _____ TARGET DATE _____

MY GOAL

S **Specific**
What exactly will I accomplish?

M **Measurable**
How will I know I've succeeded?

A **Achievable**
What skills and resources do I need?

R **Relevant**
Why does this matter to me now?

T **Time-bound**
When will it be done?

ACTION STEPS

#	STEP	DUE	✓
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐

WEEKLY CHECK-IN

1 dot = 20%

WEEK 1 ○○○○○	WEEK 2 ○○○○○	WEEK 3 ○○○○○
WEEK 4 ○○○○○	WEEK 5 ○○○○○	WEEK 6 ○○○○○
WEEK 7 ○○○○○	WEEK 8 ○○○○○	WEEK 9 ○○○○○
WEEK 10 ○○○○○	WEEK 11 ○○○○○	WEEK 12 ○○○○○