

# S.M.A.R.T. GOALS

SPECIFIC MOTIVATIONAL ACHIEVABLE RESULTS TRACKABLE

Goal: \_\_\_\_\_

Why: \_\_\_\_\_

End Date: \_\_\_\_\_ Tracking Method: \_\_\_\_\_

Medium Goal 1: \_\_\_\_\_

Small Goal 1: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 2: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 3: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Medium Goal 1 Target: \_\_\_\_\_ Completed: \_\_\_\_\_

Medium Goal 2 Target: \_\_\_\_\_ Completed: \_\_\_\_\_

Medium Goal 3 Target: \_\_\_\_\_ Completed: \_\_\_\_\_

Medium Goal 1: \_\_\_\_\_

Small Goal 1: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 2: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 3: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Medium Goal 1: \_\_\_\_\_

Small Goal 1: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 2: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_

Small Goal 3: \_\_\_\_\_

Step 1: \_\_\_\_\_

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_