

SMART Goal

Set SMART Goal

By _____
(date)

Put In Effort

Things I have to do to
achieve my goal

See Small Changes

Proof that effort
is working

Target Date



What progress have I made?

What behaviors help me achieve my goal? (I'll do more of these.)

What behaviors hinder my goal? (I'll watch out for these.)

**THE
BEST
GOALS
ARE:**
Specific
Measurable
Achievable
Relevant
Time-Bound