

## SMART Goals Planner & Weekly Tracker

Write my goal in one clear sentence: "I want to [achievable action] by [deadline] by doing [specific method]."					
SMART Breakdown					
SMART Criteria	Prompt	Your Answer			
Specific	What exactly do I want to achieve?				
Measurable	How will I know when it's done?				
Achievable	Is this realistic given my time and resources?				
Relevant	Why does this goal matter now?				
Time-bound	When will I achieve it by?				
Why This Goal	Matters to Me				
"This goal ma	atters to me because"				





Page 2: Weekly Goal Tracker  Week of:				
Day	Main Goal Task	Time Spent	Notes	
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Sunday  Review & F  Did I m  Yes	ake progress toward my □ Somewhat □ No	y SMART goal this wee	ek?	
<ul><li>What w</li></ul>	orked well?			
● What c	an I improve next week?			