

# goals **handout**

## INSTRUCTIONS

Use this sheet to write your goal and keep track of your progress. Write one goal on each page. If you need more information on writing goals, please see the Goal Setting page.

**My goal:** \_\_\_\_\_

**This is a:**

- Daily goal
- Weekly goal

**Is it:**

- Specific?
- Measureable?
- Attainable?
- Relevant?
- Time Bound?

I met my <b>daily</b> goal on these days: (Check each box when you are successful.)	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	I met my <b>daily</b> goal: <input type="checkbox"/> Yes <input type="checkbox"/> No

I met my <b>weekly</b> goal on these days: (Check each box when you are successful.)	WEEK 1	WEEK 2	WEEK 3	WEEK 4	I met my <b>weekly</b> goal: <input type="checkbox"/> Yes <input type="checkbox"/> No