

YOUR S.M.A.R.T. GOAL TRACKER

Use this tracker to set your S.M.A.R.T. goals and track your progress towards achieving them.

Eye on the Target

Write down the goal you are working toward.

Break Down Your Goal According to the S.M.A.R.T. Framework.



SPECIFIC



MEASURABLE



ATTAINABLE



REALISTIC



TIME-BOUND

YOUR S.M.A.R.T. GOAL TRACKER

Stay focused on your goals by making them S.M.A.R.T.E.R.
Continuously evaluate and review your goals to keep them relevant.



What steps can you take to evaluate and review your goal?

Set a cadence for evaluating your goals and remember that your goal is not set in stone.

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Customize this tracker based on your specific goals and the cadence you set for yourself.

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