

Your S.M.A.R.T. Goal Tracker

Use this tracker to set your S.M.A.R.T. goals.

Eye On The Target

Write down the goal you are working toward.

Your S.M.A.R.T. Goal Tracker

Break down your goal according to the S.M.A.R.T. framework.

A white card with a large blue letter 'S' in the center, held by four tan corner tabs. The word 'SPECIFIC' is printed in blue below the letter.

S

SPECIFIC

SMART goals are clear and specific.

A white card with a large blue letter 'M' in the center, held by four tan corner tabs. The word 'MEASURABLE' is printed in blue below the letter.

M

MEASURABLE

SMART goals are objectively measurable and usually contain a metric that can be tracked.

A white card with a large red letter 'A' in the center, held by four tan corner tabs. The word 'ATTAINABLE' is printed in red below the letter.

A

ATTAINABLE

SMART goals can be reached with behaviors that are in your control.

A white card with a large black letter 'R' in the center, held by four tan corner tabs. The word 'REALISTIC' is printed in black below the letter.

R

REALISTIC

SMART goals are aspirational and requires concerted effort, but they are within your reach.

A white card with a large blue letter 'T' in the center, held by four tan corner tabs. The word 'TIME-BOUND' is printed in blue below the letter.

T

TIME-BOUND

SMART goals have a deadline and can have various progress tracking points too.

Your S.M.A.R.T. Goal Tracker

Get S.M.A.R.T.**E.R.**

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.

Evaluate and Review

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

Date	Start	Target	Adjusted Target	Result	Comments