MONTH: _____   **DATE:** _____

SMART GOALS TRACKER

S

Specific

What do I want to achieve? When do I want to achieve it?

M

Measurable

Which metrics will I use to keep track if I met the goal?

A

Achievable

Is my goal realistic? Do I have the skills I need to achieve it?

R

Relevant

Is it worth the effort? Is this the right time to do it?

T

Time-bound

When's the deadline?