

My Goal Tracking Form

Set **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**ime-bound goals.
(Refer to the Writing SMART Goals handout for help with writing SMART goals.)

Directions: Fill in your weekly behavior goal at the beginning of the week. At the end of the week, complete the last three sections. Identifying your successes, obstacles and solutions for overcoming barriers will help you achieve your future goals. You can use this sheet as many times as you need to fit the number of weekly goals you choose.

Date:

Week #:

Weekly behavior goal:

Write down how successful you were this week:

List anything that may have prevented you from reaching your goal:

Write down possible solutions to overcome the obstacles listed above: