Short-Term Goal Planner

Use the SMART method: Specific, Measurable, Achievable, Relevant, Time-bound.

My goal

Write it in one sentence.

S · Specific

What exactly will I do?

M · Measurable

How will I know I have done it?

A · Achievable

What do I need? What could stop me?

R · Relevant

Why does this matter to me?

T · Time-bound

Start date and deadline.

First three steps

1. _____ by _____
2. _____ by _____
3. _____ by _____

30-Day Goal Tracker

Goal: _____ Start date: _____

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯	Day 6 ◯
Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯	Day 11 ◯	Day 12 ◯
Day 13 ◯	Day 14 ◯	Day 15 ◯	Day 16 ◯	Day 17 ◯	Day 18 ◯
Day 19 ◯	Day 20 ◯	Day 21 ◯	Day 22 ◯	Day 23 ◯	Day 24 ◯
Day 25 ◯	Day 26 ◯	Day 27 ◯	Day 28 ◯	Day 29 ◯	Day 30 ◯

What worked? What will I change?