

# SMART Goal Tracker



## Questions to Ask

**Specific** — What do I want to accomplish and why?

**Measurable** — How will I know when I have accomplished it?

**Achievable** — How can I accomplish this goal?

**Relevant** — Is this the right time for me to be working towards this goal?

**Timebound** — When do I want to accomplish this goal by?

## Goal 1:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

## Goal 2:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**

## Goal 3:

**Specific.**

**Measurable.**

**Achievable.**

**Relevant.**

**Timebound.**