

SMART Goal Tracker

Achieve your dreams, one step at a time!

Specific, **M**easurable, **A**ttainable, **R**elevant, **T**ime

Goal	To Do	Doing	Done
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Milestones and Motivation

Goal #1:

Why do it:

What success looks like:

Barrier:

Solution:

How to get there	Milestones	Rewards
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	

Goal #2:

Why do it:

What success looks like:

Barrier:

Solution:

How to get there	Milestones	Rewards
•	<input type="checkbox"/>	

•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	

Goal #3:

Why do it:

What success looks like:

Barrier:

Solution:

How to get there	Milestones	Rewards
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	

Goal #4:

Why do it:

What success looks like:

Barrier:

Solution:

How to get there	Milestones	Rewards
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	

Goal #5:

Why do it:

What success looks like:

Barrier:

Solution:

How to get there	Milestones	Rewards
•	<input type="checkbox"/>	

•	<input type="checkbox"/>	
•	<input type="checkbox"/>	
•	<input type="checkbox"/>	

Goal Gallery

This space is for documenting milestones and celebrating wins!

