

## **WEEKLY GOAL TEMPLATE**

SMART GOALS	<b>S</b> pecific	<b>M</b> easurable	Action-Oriented	Relevant	Time-Oriented
DATE / WEEK NUMBE	ER				
WEEKLY GOALS					
HOW SUCCESSFUL WE	EDE VOILTUIS W	EEV2			
HOW SUCCESSFUL WE	EKE TOU THIS W	EER!			
WHAT PREVENTED YO	U FROM REACH	IING YOUR GOALS			
DEVELOP SOLUTIONS	FOR OVERCOM	NING OBSTACLES			
ADDITIONAL NOTES					