

Specific
Measurable
Attainable
Realistic / Relevant
Timely

SMART Goal Progress

Trimester One

- 1) What was the Starting Point of your goal and where are you now?
- 2) How have you measured your goal?
Is there a more beneficial way to measure?
- 3) Have you been focused on your goal?
How can you increase focus?
- 4) How are you feeling about your progress?
Is there anything you will do differently to work towards your goal?

Goal Setting