

**Goal Tracking- Set a new goal and keep yourself accountable!**

**MY GOAL:** \_\_\_\_\_  
\_\_\_\_\_

Now, rewrite your goal using the SMARTER goal model. How is your goal...?

S – Specific: \_\_\_\_\_

M – Measurable: \_\_\_\_\_

A – Achievable: \_\_\_\_\_

R – Relevant: \_\_\_\_\_

T – Time-bound: \_\_\_\_\_

E – Evaluation: \_\_\_\_\_

R - Reflection: \_\_\_\_\_

**MY SMARTER GOAL:** \_\_\_\_\_  
\_\_\_\_\_