

SMART GOAL. Write a SMART Goal here for reference, listing weekly actions for the next month. Repeat 6x for each SMART Goal.

1
WEEK ACTIONS

By _____, I will have completed:

2
WEEK ACTIONS

By _____, I will have completed:

3
WEEK ACTIONS

By _____, I will have completed:

4
WEEK ACTIONS

By _____, I will have completed:
