

SMART Goals Worksheet

Student's Name: _____ Date: _____

Homeroom Teacher: _____

Complete Each Box

Specific <ul style="list-style-type: none">• What is the desired result? (who, what, when, why, how) How are you going to do it?	
Measurable <ul style="list-style-type: none">• How much and how many?• How can you measure progress?	
Attainable/Achievable <ul style="list-style-type: none">• What skills are needed?• What resources are necessary?• Is the goal within your reach?	
Realistic <ul style="list-style-type: none">• Is the goal do-able?• Can you actually attain this goal?	
Time-bound <ul style="list-style-type: none">• What is the deadline?• Is the deadline realistic?	

What barriers will you face to achieve your goal and how will you overcome them?

Goal Progress Review: Date: _____

How have you done?