

SMART Goals Worksheet

Student's Name: _____ Date: _____

Homeroom Teacher: _____

State Goal:

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? Not easy or ridiculous 		
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?