

Name:

Date:

## Monthly SMART Goals

What are your main goals for this month?

Why are these goals important to you this month?

Goal 1:	Goal 1:
Goal 2:	Goal 2:
Goal 3:	Goal 3:

**S – Specific**  
What exactly do you want to accomplish?

**M – Measurable**  
How will you measure your progress?

**A – Achievable**  
Is this goal realistic for this month?

**R – Relevant**  
Why is this goal important right now?

**T – Time-Bound**  
What is your deadline for this goal?

### Weekly Progress Check-Ins

<b>Week 1:</b> What progress did you make toward each goal this week? What challenges did you encounter?	<b>Week 2:</b> What progress did you make toward each goal this week? What challenges did you encounter?
<b>Week 3:</b> What progress did you make toward each goal this week? What challenges did you encounter?	<b>Week 4:</b> What progress did you make toward each goal this week? What challenges did you encounter?