

My Goal Progress

Name: _____ Date: _____

My goal is:

This goal is a (circle one): Short-Term Goal Short-Term Goal Related to a Long-Term Goal or Life Goal

1. Write your goal action steps below. 2. Write the date you tried to or completed the action step, and check your progress (whether you did it, did part of it, or didn't or couldn't do it). 3. If you are not making progress, go back a step, or look at breaking the step down more. If you meet all steps set the next goal.

Goal Action Steps	Date 1-Progress	Date 2-Progress	Date 3-Progress	Date 4-Progress	Date 5-Progress	Step Requirements	
Step 1:	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	___ Met ___ Partly met ___ Did not meet
Step 2:	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	___ Met ___ Partly met ___ Did not meet
Step 3:	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	___ Met ___ Partly met ___ Did not meet
Step 4:	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	___ Met ___ Partly met ___ Did not meet
Step 5:	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it ___ I didn't or couldn't do it	___ Met ___ Partly met ___ Did not meet