

# GOAL TRACKER

Once you understand the basics of creating a SMART goal, use this tracker to monitor your progress week-to-week! Make sure to stick with only a few small goals per week to allow yourself time to work on the lifestyle change and determine if it's working for you or if you need to make adjustments.

Each week, develop 1-3 SMART goals to work on over the course of the next 7 days. Then, review the questions starting on Page 2 to help you determine your next best actions.

## SMART GOALS FOR THE WEEK

1: \_\_\_\_\_  
\_\_\_\_\_

2: \_\_\_\_\_  
\_\_\_\_\_

3: \_\_\_\_\_  
\_\_\_\_\_

### Quick Notes about SMART Goals:

- Make sure you are working on a **specific action or behavior** rather than an outcome. (Instead of “lose 2 lbs” you’ll want to ask yourself what action you would need to take in order to promote weight loss this week).
- Did you include a measurable action? (Walk for 10 minutes, eat 2 servings, etc.)
- Is this actually **achievable** for you during this time period? Make sure its a goal that isn’t too far out of reach.
- Is this **realistic** and **relevant** to your overall journey? If you want to lower your glucose but you don’t drink soda, a goal wouldn’t be relevant if you said you wanted to drink less than 2 sodas per day.
- How is **time** being measured? Are you playing basketball for 30 minutes on Saturday? Tracking your food intake every day for one week? Time must be included in some way!

# GOAL TRACKER

Describe your progress on each of your SMART goal(s) this week.

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What challenges came up during the week that impacted your ability to complete the goal(s)? Even if you did meet the goals, what obstacles did you overcome?

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What lessons did you learn this week about your SMART goal creation skills or yourself?

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Based on your experience from the past week, what do you feel you need to work on next week? These don't need to be SMART goals yet, but just a general idea of what you want to work on.

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