

R.E.A.L. GoalSM Tracker

Instructions: Write a S.M.A.R.T. version of your goal and decide how you will reward yourself for completing it. Post this form somewhere you will see it every day and track your daily progress. Review what you learned throughout the process and celebrate your success!

My S.M.A.R.T. Goal (Specific, Measurable, Attainable, Relevant, Timely) is:

Track your progress!

Record each day that you complete your goal!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Explore more [Real Goals and supplemental resources.](#)

For help translating or understanding this, please call (800) 635-9233. (TTY dial 711)