

# R.E.A.L. Goal<sup>SM</sup> Tracker

**Instructions:** Write a S.M.A.R.T. version of your goal and determine 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 in the process and celebrate your success!

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

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## Track your progress!

Write down each day that you complete your goal!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Explore more [R.E.A.L. Goals and supplemental resources](#)

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