

SMART GOALS WORKSHEET



Student name:	Score:
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Use this worksheet to plan and organize your goal. Think and answer each section.

Weekly Reflection	
What progress did I make this week?	What can I improve next time?

Goal Setting
Action Steps to Reach the Goal

Self-Assessment	Notes
<ul style="list-style-type: none">• Focus (1-5): ____• Participation (1-5): ____• Progress Made (1-5): ____	

Comments