

S.M.A.R.T. goals

specific

is it clear and specific?

measurable

make it trackable?

achievable

is it realistic for your lifestyle?

relevant

is it relevant to you?

time bound

does it have a deadline?

Initial Goal

Revised Goal

PROGRESS

DAY	FEELING
sunday	    
monday	    
tuesday	    
wednesday	    
thursday	    
friday	    
saturday	    

HABIT TRACKER

steps	S	M	T	W	T	F	S
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY REFLECTION

What did I improve this week?

What do I still need to work on?

How did I feel when dancing this week?

