

SMART Goal Progress Monitor

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Date: _____

I want to accomplish:

SMART Goal

- S: Specific
- M: Measurable
- A: Attainable
- R: Relevant
- T: Timely

2. My SMART goal is:

My SMART goal target date is: _____

3. I will do the following to reach my SMART goal:

a: _____

b: _____

c: _____

d: _____

5. I will be accountable to the following person(s):

Name	Contact Information	Date Contacted
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