**WEEKLY GOAL ASSESSMENT TEMPLATE**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **SMART GOALS** | **S**pecific | **M**easurable | **A**ction-Oriented | **R**elevant | **T**ime-Oriented |
| **WEEK OF** |  | | | **WEEK NUMBER** |  |

|  |
| --- |
| **WEEKLY GOAL** |
|  |
| **HOW SUCCESSFUL WERE YOU THIS WEEK?** |
|  |
| **WHAT PREVENTED YOU FROM REACHING YOUR GOALS?** |
|  |
| **DEVELOP SOLUTIONS FOR OVERCOMING OBSTACLES** |
|  |
| **ADDITIONAL NOTES** |
|  |