**WEEKLY GOAL ASSESSMENT TEMPLATE**

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

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