

SMART Sheet: A Goal Map



Student's Name: _____

Belt Color: _____

Start Date: _____

Goal Date: _____

Directions: List the required information in the appropriate areas as indicated.

S	Make it S pecific	What is your goal?
M	Make it M easurable	How will you know when you have reached your goal?
A	Make it A ttainable	What steps will you take to reach your goal?
R	Make it R elevant	What will reaching this goal help me to achieve? Explain.
T	Make it T imely	By when will the goal be accomplished?

Reward for Accomplishing Goal:

Sign and Date Once Goal is Completed:

Student: _____

Parent: _____

Completed Date: _____