

Name:

Fall 2018 GOALS

Date:

Specific – be straightforward

Measurable and Meaningful– how will you measure **progress**?

Action-oriented – all up to you to make it happen

Realistic – make sure the goal is attainable with some effort

Timely – identifying an endpoint that serves as a target

GOAL	ACTION PLAN	DUE DATE	REWARD/ CHALLENGE
Circle one: Personal -or- Academic SMART Goal:	3 Backwards Planned Benchmarks: Daily/Weekly Habits:		
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