

Name _____

Date _____



SMART GOALS PLANNER FOR STUDENTS + ATHLETES



Instructions Define a specific, measurable, achievable, relevant, and time-bound goal, break it down into actionable steps with assigned deadlines, anticipate obstacles and develop strategies to overcome them, track progress, seek accountability, and regularly review and adjust your goals.

S**Specific**

What exactly do you want to achieve?

M**Measurable**

How will you track your advancement?

A**Attainable**

Evaluate the feasibility of your goal.

R**Relevant**

How does it fit into your broader objectives?

T**Time-bound**

What is the deadline?