Average Worksheet

Use this worksheet to set a goal for a *Repeating Number*.

1. What am I trying to improve by setting this goal?

| Area of Life | Values |
| --- | --- |
|  |  |

2. What Number will I measure to track progress? e.g. Budget

|  |
| --- |
|  |

3. What is my Goal Value? What Time Period will I use for the goal?

| Goal Value | Time Period |
| --- | --- |
|  |  |

Time Period: Per day, week, month, year, or per log?

| Start Date | When to Track |
| --- | --- |
|  |  |

4. When will I start? When will I track my progress? e.g. Sun at 12pm

5. What is my SMART goal for this Average?

Starting \_\_\_\_\_\_\_\_\_\_\_, my \_\_\_\_\_\_\_\_\_\_\_\_ will be \_\_\_\_\_\_ per \_\_\_\_\_\_\_\_\_.

Goal

Time Period

Number to Track

Start Date