

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?

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

Goal Value	Time Period

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

Start Date	When to Track

5. What is my SMART goal for this Average?

Starting _____, my _____ will be _____ per _____.
Start Date Number to Track Goal Time Period