Target Worksheet

Use this worksheet to set a *Number by Date* goal.

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

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

| Number to Track | Start Value |
| --- | --- |
|  |  |

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

3. What is my Goal Value? By what date will I reach my goal?

| Goal Value | Goal Date |
| --- | --- |
|  |  |

4. When will I start? When will I track my progress? e.g. Daily at 7am

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

5. What is my SMART goal for this Target?

By \_\_\_\_\_\_\_\_\_\_\_\_, I will reach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Goal Value

Number to Track

Goal Date