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

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

Number to Track	Start Value

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 Date   Goal Value   Number to Track