

SMART GOAL: Create a goal based on what you are doing now, past successes, or any new ideas.

| | | |
|----------|---------------------------------------|--|
| S | Specific action and frequency | |
| M | Measure of progress | |
| A | Accountability partner or plan | |
| R | Relevant to what goal(s) | |
| T | Time to start and follow-up | |

ACTIVITY LOG: Over the next 1-4 weeks, track your progress around the new behavioral goal and make notes on what goes well and poorly. Choose 1 goal or change/increase the goal weekly.

| Week 1 Goal | | | | Week 2 Goal | | | |
|-------------|-----|----|-------|-------------|-----|----|----|
| Day | Yes | No | Notes | Day | Yes | No | No |
| M | | | | M | | | |
| T | | | | T | | | |
| W | | | | W | | | |
| Th | | | | Th | | | |
| F | | | | F | | | |
| S | | | | S | | | |
| Su | | | | Su | | | |
| Week 3 Goal | | | | Week 4 Goal | | | |
| Day | Yes | No | Notes | Day | Yes | No | No |
| M | | | | M | | | |
| T | | | | T | | | |
| W | | | | W | | | |
| Th | | | | Th | | | |
| F | | | | F | | | |
| S | | | | S | | | |
| Su | | | | Su | | | |