

AQUILA RECOVERY



SMART GOAL:

S - IS IT SPECIFIC?

M - IS IT MEASURABLE

A - IS IT ATTAINABLE?

R - IS IT REALISTIC?

T - IS IT TIME-BOUND?

CHALLENGES FACED

PLAN OF ACTION:

START DATE:

END DATE

CORRECTIVE ACTION

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

OVERALL REVIEW

ENCOURAGEMENTS, MOTIVATION
AND OTHER SUCCESSES

SMART GOALS TRACKING TEMPLATE

NAME

DATE

Goal Statement

What do I need to reach my goal?

Where am I right now in achieving my goal?

Things that are stopping
me from achieving my goal

Solutions to my obstacles
