

Goal Tracker

Setting a goal is an important first step, but progress happens through consistent action and reflection. A goal tracker helps you break big goals into manageable steps, notice patterns in your effort, and adjust when needed.

This worksheet is designed to help you stay aware of what you are working toward and how your actions support that goal over time. Tracking is not about perfection or pressure. It is about learning what works for you, celebrating progress, and making intentional adjustments as you move forward.

Use this tool on your own or with a coach to stay focused, accountable, and connected to your goals.

| GOAL ONE | | |
|------------|--------------|-------|
| Start Date | Action Steps | Notes |
| End Date | 1 | |
| My Why | 2 | |
| | 3 | |
| | 4 | |
| | 5 | |

| GOAL TWO | | |
|------------|--------------|-------|
| Start Date | Action Steps | Notes |
| End Date | 1 | |
| My Why | 2 | |
| | 3 | |
| | 4 | |
| | 5 | |

| GOAL THREE | | |
|------------|--------------|-------|
| Start Date | Action Steps | Notes |
| End Date | 1 | |
| My Why | 2 | |
| | 3 | |
| | 4 | |
| | 5 | |

Print this sheet and use repeatedly for more goals planning!