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!