



## WEEKLY PROGRESS REVIEW & PREVIEW **EXERCISE**

For This Coming Week of \_\_\_\_\_

Make copies of this form. Plan activities weekly (Sunday through Saturday) using SMART goals.

**Specific:** Set goals that are measurable. Define exactly what you want to accomplish.

**Moderate:** Select 2-5 goals per week. Too many different goals become overwhelming.

**Accountability:** Show and tell somebody what you plan to do, and let them know how you did.

**Record:** You will find it helpful and motivating to keep a written record of your goals and progress.

**Time-activated:** Put in your calendar your goals by days and times during the week.

<b>High point of last week:</b>		<b>Low point of last week:</b>	
<b>List and celebrate progress and accomplishments from last week...</b>			
<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>			
<b>Things learned that could be useful to me and others...</b>			
<b>Set SMART goals for this coming week...</b>			
<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> </ol>			
<b>Help most needed to make progress and accomplish goals...</b>			