

Today's Date \_\_\_\_\_

Target Date (90 Days) \_\_\_\_\_

# My 90 Day Goal Getter Goal

**IDEAS:** Lose weight — Drink more water — Learn a new language — Exercise more — Eat healthier

## Find a Goal Getter Friend



- Studies prove it—success skyrockets when you have an accountability buddy. This could be a friend, significant other, or someone from the Goal Getter Challenge group who can support you, and you them!

<b>My Goal Getter Friend</b>	
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## To help you achieve your goal, reflect and be sure that your goal is S.M.A.R.T.

<b>S</b> Specific	Define your goal in as much detail as possible. SMART goals are crystal clear to help you know exactly what you need to do.
<b>M</b> Measurable	How will you measure progress toward your goal? How will you know when it is complete?
<b>A</b> Attainable	Does this goal depend on others? What obstacles could keep you from reaching your goal?
<b>R</b> Relevant	Is this goal important to you? Why? How will achieving this goal make you feel? What effect will it have on your life, or those around you?
<b>T</b> Timely	When will you reach your goal? How will you know you are on the right track? What checkpoints will you reach along the way?

## Do at least 1 Thing Daily

Using your S.M.A.R.T. chart, what are things you can do each day to help you arrive at your goal?	<b>My Daily Goals</b> <ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li></ul>
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# 90 Day Goal Getter Challenge Tracker

Did you do at least ONE thing today to bring you closer to your goal?

<p><b>Week 1</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 2</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 3</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 4</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>
<p><b>Week 5</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 6</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 7</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 8</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>
<p><b>Week 9</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 10</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 11</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>Week 12</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>
<p><b>Week 13</b>  <b>You did it!</b></p> <p>M___ T___            W___ (Check group for prize drawing!)            Th___ F___            S___ S___</p>	<p><b>My Goal - I'm a Goal Getter!</b></p> 		