




# Goal Tracker

Successful college students set goals and strive to achieve them. Use this worksheet to help you track and evaluate your goals.

		<i>Date</i>	<i>Date</i>	<i>Date</i>
		<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>1. Plan</b> 	<i>What are my goals today? List in order of priority.</i>			
	<b>2. Do</b> 	<i>Check off goals above as met. Include notes on this row.</i>		
	<b>3. Reflect</b> 	<i>What went well today?</i>		
	<i>What didn't?</i>			
	<i>What did I learn?</i>			