**WEEKLY GOAL ASSESSMENT**

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| **Smart Goals** | **S**pecific | **M**easurable | **A**ction-Oriented | **R**elevant | **T**ime-Oriented |
| **Week Of** |  | **Week Number** |  |

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| **Weekly Goal** |
|  |
| **How Successful Were You This Week?** |
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| **What Prevented You from Reaching Your Goals?** |
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| **Develop Solutions for Overcoming Obstacles** |
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| **Additional Notes** |
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