

DoHardThingsToday.com Goal and Habit Tracker

Goal: _____

Date: _____

Is this goal SMART – Specific, Measurable, Achievable, Relevant, Time Bound? Make sure it is!

Milestone 1: _____

Goal date for Milestone 1: _____ (Around 30 days)

Daily habits to achieve milestone 1:

- 1.
- 2.
- 3.

Milestone 2: _____

Goal date for Milestone 2: _____ (Around 90 days)

Daily habits to achieve milestone 2:

- 1.
- 2.
- 3.

Milestone 3: _____

Goal date for Milestone 3: _____ (Around 6 months)

Daily habits to achieve milestone 3:

- 1.
- 2.
- 3.

For more resources, visit **Dohardthingstoday.com**.