S.M.A.R.T. Goals To-Do List Calendar

SPECIFIC - **M**EASURABLE - **A**CHIEVABLE - **R**ELEVANT - **T**IME BOUND

Set a smart goal for each day of the week - don't forget to check it off when you finish!

Need some help getting started?
Try these examples:

1. In a 5-sentence paragraph, summarize Lecture 1 Notes from my psychology class by Thursday morning.
2. After my Chemistry exam on Tuesday, make time to destress by watching 1 hour of my favorite show on Netflix. *(Hint: It's okay to have relaxation goals!)*
3. On Wednesday before lunch, go for a 1-mile run on the Esplanade.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
☐	☐	☐	☐	☐	☐	☐