

Measuring Progress Worksheet

Identifying and setting your goals is super helpful, but how will you track your progress? This measuring worksheet will help. It will also give you good information about what is working and what is not working.

The example below is not a work related example, but you get the idea. Do this chart process and the questions on the next page for each of your goals as you work through them.

Example: Dinner served by 6 pm

Rate your progress on goals for past two weeks. 1 – very bad 5 – average 10 – great

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	4	7	5	8	6	3
6	7	4	8	5	4	6

Goal:

Rate your progress on goals for past two weeks. 1 – very bad 5 – average 10 – great

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Answer the following questions based on your responses from your progress:

1. What day(s) was the worst for you? What day(s) was the best?
2. What specifically did you do on the best day(s) that made it better than other days? (Laid dinner out the night before in the fridge.)
3. What made it easier for you to meet your goal on the best day(s)? (Started dinner by 4 pm.)
4. How can you do more of what you listed above? (Have little kids occupied with activities.)

Need help setting and identifying your yearly blog goals? This blog post will help: <https://learntobloghangouts.com/how-to-plan-blog-goals/>