



THE  
OSTEOPATHIC  
CLINIC

## GOAL TRACKER

GOAL



Break down your goal into 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Action Steps:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Action Steps:

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>



THE  
OSTEOPATHIC  
CLINIC

## SMART GOALS

S - Specific

--

M - Measurable

--

A- Achievable

--

Target 3

R - Relevant

--

T - Time bound

--