

Goal Tracker

Write one defined goal per row. Review status and next action regularly.

Review period: _____ Name or project (optional): _____

Goal	Target date	Status	Progress	Next action / notes

Progress may be a percentage or a plain-language update. Leave unused rows blank.

Goal Progress Log

Use this page for dated updates after a goal has been defined.

Goal: _____

Date	Progress update	Status / measure	Next action

No score is calculated here. Use the spreadsheet if you track multiple goals or milestones.