SEL · GOAL SETTING · GRADES 2–5

Weekly Goal Tracker

Pick one goal for the week, check off each day you work on it and look back on Friday.



Name: _____ **Date:** _____

My goal this week: _____

Why it matters to me: _____

Day	I worked on it	What I did
Monday	☐ yes ☐ not today	
Tuesday	☐ yes ☐ not today	
Wednesday	☐ yes ☐ not today	
Thursday	☐ yes ☐ not today	
Friday	☐ yes ☐ not today	
Saturday	☐ yes ☐ not today	
Sunday	☐ yes ☐ not today	

On Friday: how did I do?

◯ Not yet ◯ A little ◯ Good ◯ Great ◯ I did it!

Next week I will…

_____

Art © Kevin Coulston