



Daily SMART Goal Check-In Tracker (4 Weeks)

Use this tracker to check in daily on your SMART goal progress. Mark each day with a check, note, or reflection. At the end of each week, summarize your micro-wins and lessons learned. After completing the 4-week cycle, feel free to reuse the tracker to continue building momentum and refining your goals.

Your SMART Goal:

Week 1 Daily Check-In Tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Weekly Reflections Week 1

Micro Wins:

Lessons Learned:

Week 2 Daily Check-In Tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Weekly Reflections Week 2

Micro Wins:

Lessons Learned:

Week 3 Daily Check-In Tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Weekly Reflections Week 3

Micro Wins:

Lessons Learned:

Week 4 Daily Check-In Tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Weekly Reflections Week 4

Micro Wins:

Lessons Learned: