**Name & ID#: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- |
| **SMART Goal:** |
|  |
| **Action Steps** | **Start/Deadline** | **Complete** |
| **1)**  |  |  |
| **2)**  |  |  |
| **3)**  |  |  |
| **4)**  |  |  |
| **5)**  |  |  |
| **6)** |  |  |
| **7)** |  |  |
| **8)** |  |  |
| **3:1 supports available to help me reach my goal:**  |
| Academic | Wellness | Access to Opportunity |
| **Pay-it-Forward:** |
| **Possible obstacles I may face in trying to reach my goal:** |
|  |
| **How to overcome obstacles:** |
|  |