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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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:** | | | | |
|  | | | | |