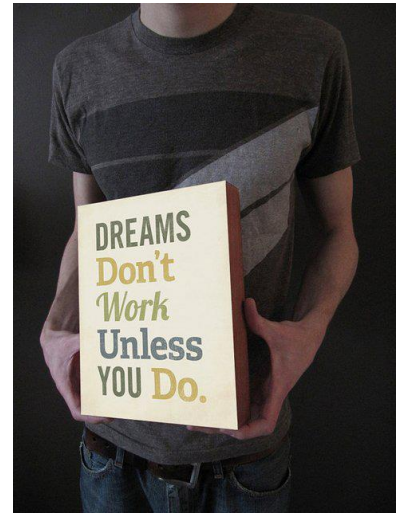




SMART Goal Log

Success: Plan, Track, Modify



Every week you should be checking in on your SMART Goal for this semester. It is your job to look at your goal every week, be honest with yourself, and monitor your own progress. Create an entry once a week or for any major event. For example, if you have hit a stumbling block and need to modify your plan, create a new entry. Also create entries when you hit milestones, such as Day 30, 60, and (possibly) 90. By doing this you will satisfy one component of the advisory course, have honed a valuable life skill, and participated in self-monitoring your own transition plan.

The **behavioral issue** that I struggle with that I will incorporate into my SMART goal is:

My SMART goal, based on behavior and can be measured using by Daily Progress Sheets and other data this semester is:

Verify that your goal is a SMART one by filling in how it meets each one of the requirements below. For example, to get an 80% on the weekly progress sheets is specific because I have a definite goal. If I just wrote to "act right", there would be no specific target.

S	Specific	
	What is the behavior goal?	
M	Measurable	
	What are the targets? How many are there?	
A	Actions	
	What are the plans/strategies for overcoming struggles/weaknesses?	
R	Realistic/Relevant	
	How will this help you to transition from BMHS & help you cope in a comprehensive school?	
T	Timely	
	What are your 30, 60, 90 dates? Potential go-back date?	

Entry 1 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your
progress
on Page
16!

Entry 2 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		

Chart your progress on Page 16!

Entry 3 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your progress on Page 16!

Entry 4 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your progress on Page 16!

Entry 5 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your progress on Page 16!

Entry 6 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		

Chart your progress on Page 16!

Entry 7 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your progress on Page 16!

Entry 8 Date:




Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		

Chart your progress on Page 16!

Entry 9 Date:







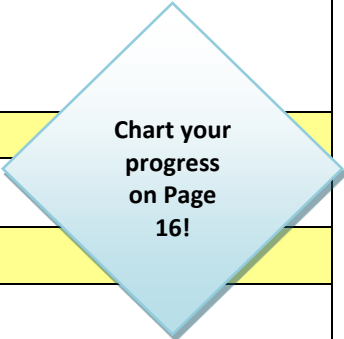
Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
		




Chart your progress on Page 16!

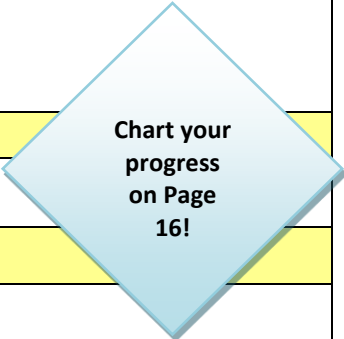
Entry 10 Date:

Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		






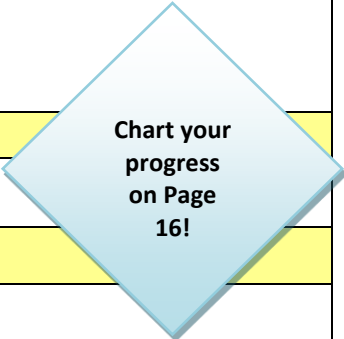
Entry 11 Date:

Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		






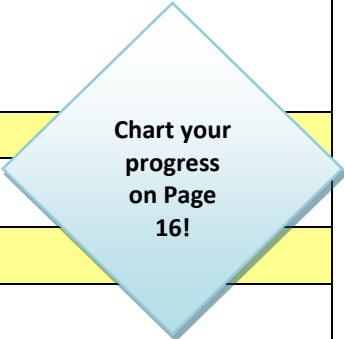
Entry 12 Date:

Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		






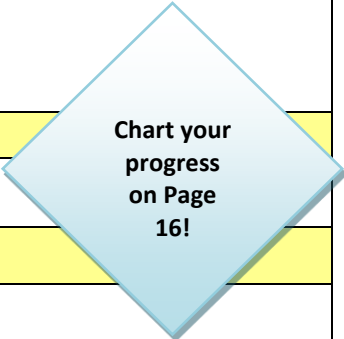
Entry 13 Date:

Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		



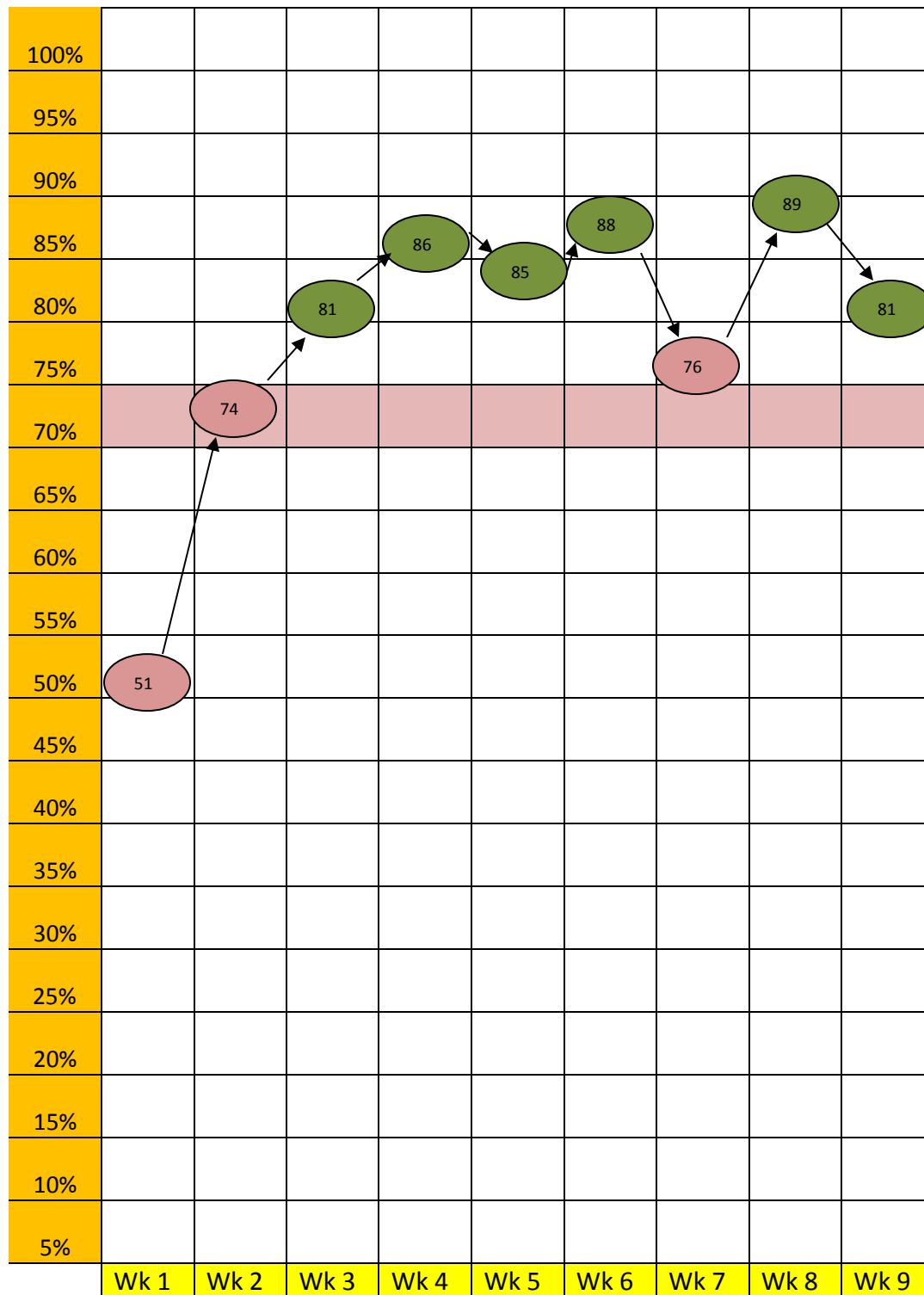
Entry 14 Date:

Measurable	Actions – Reflection On	
Specific progress made towards goal – MEASURE IT (Behavior Sheet)	Things that I have done well towards achieving my goal	Things that I need to change in order to achieve my goal
Attendance Update:		
Academic Update:		
Timely		
Days in:	Days left:	
Actions – Looking Ahead		
I see some possible obstacles to achieving my goal as being:		
My plan for staying focused, controlling myself, and overcoming setbacks is to:		
Realistic/Relevant		
How I feel so far about my progress towards meeting my goal that will allow me to transition back to a comprehensive school:		
  		



Graph Your Results Week by Week for a Visual Image of Your Goal - Example

Goal: To reach and maintain a 70% or higher on my weekly progress points by working on following directions.



Remember, this is the point at which you are eligible to exit!

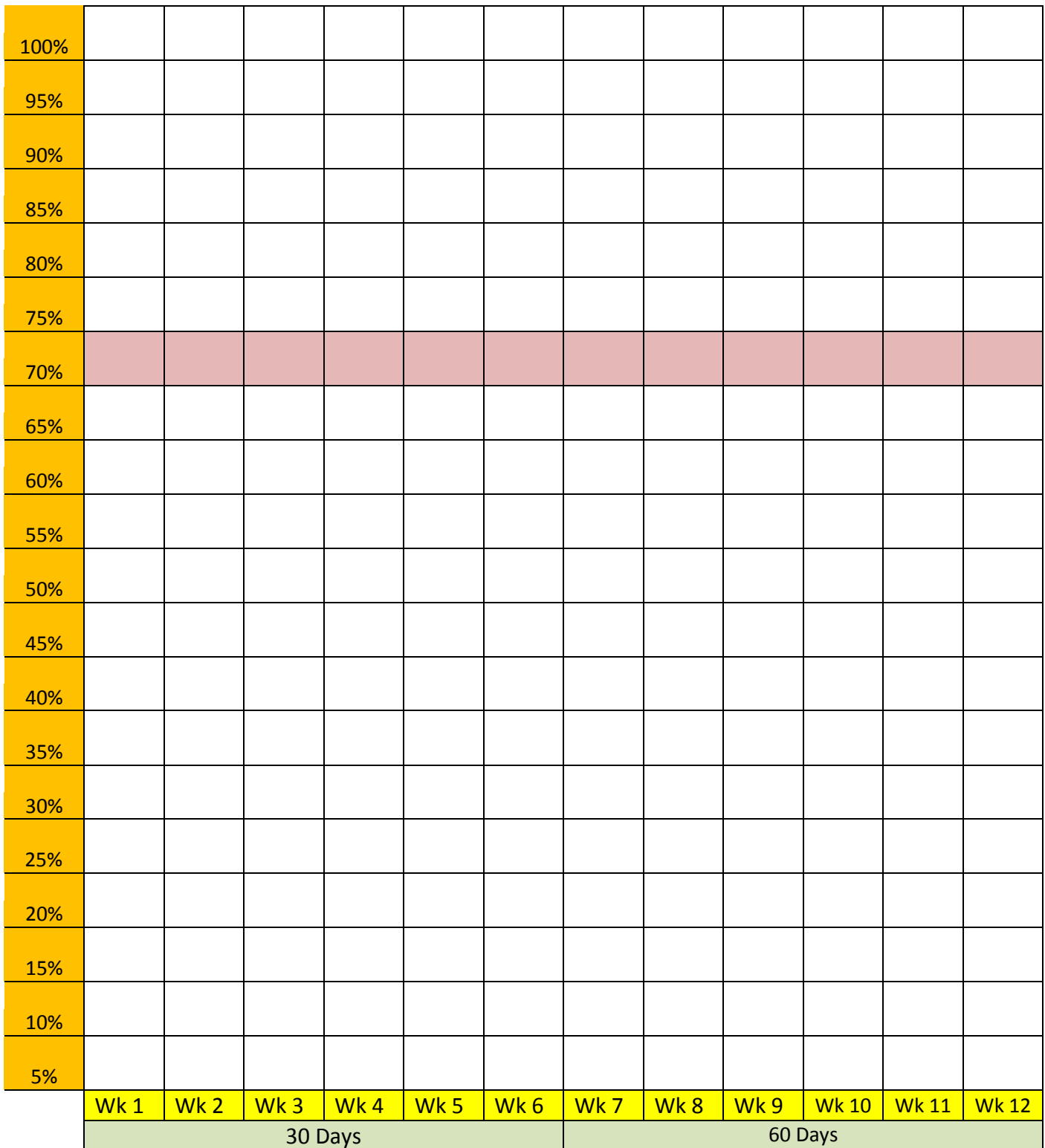
THINK ABOUT THIS!

What do you notice about any **patterns** or **trends** that you see when you track your data? What do these trends or patterns mean? Are you **achieving** your goal? What **modifications** do you need to make? How do you **get** yourself/**keep** yourself on track?

STOP and THINK and APPLY

1. Is the student in the example meeting the goal he/she set?
2. What evidence is there to support your answer?
3. Estimate the average percentage that this student is carrying after 9 weeks.
4. What patterns or trends do you see on the chart?
5. What can you **infer** from the patterns or trends that you see on the chart?
6. Is there a point where the student has a set back? Explain.
7. Based on the goal the student set, what could be **one logical guess** that would account for any possible setbacks?
8. Do you believe that this student has learned from past behavior? Explain.
9. Do you believe that this student has found ways to help him/her **cope with behavior issues** that he/she identified as areas with room for improvement? Explain.

Graph Your Results Week by Week for a Visual Image of Your Goal



Pay Attention to the Graph!

What do you notice about any **patterns** or **trends** that you see when you track your data? What do these trends or patterns mean?

Are you **achieving** your goal? What **modifications** do you need to make? How do you **get yourself/keep** yourself on track?

STOP and THINK and APPLY

1. Are you meeting the goal you set?
2. What evidence is there to support your answer (1)?
3. Estimate the average percentage that you are carrying after a) 6 weeks, b) 9 weeks.
4. What patterns or trends do you see on the chart?
5. What can you **infer** from the patterns or trends that you see on the chart?
6. Is there a point where you had a set back? Explain.
7. Based on the goal, what could be **one logical guess** that would account for any possible setbacks?

8. How did you (if you were able to) persevere any setback that you might have experienced? Explain.
9. Do you believe that you have learned from past behavior? Explain.
10. Do you believe that you have found ways to **cope with behavior issues** that you identified as areas with room for improvement? Explain.
11. In what ways have you learned to modify your behavior? How does this help you to react more appropriately in real world situations?