



Your Personal Goal Tracker

Cancer and cancer treatment can disrupt your daily life and affect your mental health.¹ Focused self-care is essential. Setting and pursuing goals throughout your cancer journey can help motivate you, focus you, and empower you while promoting your overall well-being.

Set "SMART" goals²

Whether your goals are social, emotional, psychological or physical, the SMART system can help you increase your chances of success. To set a SMART goal, follow these steps:

- S** **pecific:** Find a specific goal to achieve. Increase your activity? Eat better? Organize your schedule?
- M** **easurable:** Find a way to track your progress (calendar, journal, etc.)
- A** **chievable:** Make sure your goal is within your reach
- R** **ealistic:** Your goal should be doable, real, and practical
- T** **ime-related:** Set a time frame for you to start and accomplish your goal

When you're ready to set your goals, start small. Select one to two goals and build on them over time. It's important that you create positivity, peace of mind and momentum. It may be a challenge, but you can do it! Here's a customizable worksheet that was created to help you track your progress and reach your personal goal.

"You beat cancer by how you live, why you live, and in the manner in which you live." – ESPN Anchor Stuart Scott, cancer patient and advocate



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References:

1. Hullman SE, Robb SL, Rand KL. Life goals in patients with cancer: a systematic review of the literature. *Psycho Oncology*. 2016;25(4):387-399.
2. Haughey D. A brief history of SMART goals. Project Smart website. <https://www.projectsmart.co.uk/brief-history-of-smart-goals.php>. Published 13 Dec 2014. Accessed 27 April 2021.

SMART Goal Tracker Worksheet



Today's date:

My goal is to:

My SMART strategy:

S pecific:	This is what I want to accomplish and why:	
M easurable:	This is how I will measure my progress and when I will know my goal has been achieved:	
A chievable:	Here are the steps to achieving my goal:	
R ealistic:	Here's what I need to accomplish my goal:	
T ime-related:	My time frame to start, finish and celebrate the successful achievement of my goal:	

How will you benefit by achieving this goal? How will you feel if you accomplish this goal?

Progress summary

Fill out the worksheet below to keep track of your milestones and achievements.
Print this tracker as many times as you need until you reach your goal.

Goal Description:	Start Date:			Completion Date:			
	Day/Week	Day/Week	Day/Week	Day/Week	Day/Week	Day/Week	Day/Week
Track your progress. Listing your activity will help keep you on track.	Progress	Progress	Progress	Progress	Progress	Progress	Progress
	👍👎	👍👎	👍👎	👍👎	👍👎	👍👎	👍👎
Notes							



Evaluate your goal

Did you achieve your goal? Why or why not? What will you do differently next time?
