



Goal Tracker Booklet

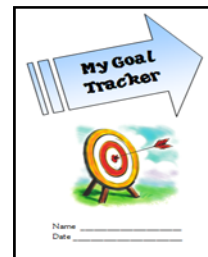
Created by Laura Candler
www.lauracandler.com



Research shows that students who write goals and create action plans outperform those who don't. The **Goal Tracker** is an 8.5" by 5.5" booklet students can use to record their goals and track their progress over time. Included in this packet are patterns for the front and back cover as well as for the inside journal pages. You'll also find a helpful mini-poster entitled **Secrets of Goal Setting**.

How to Use the Goal Tracker:

- Advanced Preparation** - For each student, duplicate pages 3 and 4 front to back and fold to form the cover of the booklet. Then duplicate two copies of page 5 front to back and fold to form the inside journal pages. To create enough inside pages for a 9-week grading period, you'll need 2 sheets of paper for each student with the journal pages copied front to back. Tuck the inside pages into the cover and staple them together in the middle to form the booklet.
- Setting Goals** - Display the **Secrets of Goal Setting** mini poster on page 2 and have your students brainstorm goals they want to set for the grading period. Then ask each student to set 4 measurable goals and record those goals on the front inside cover of the booklet. To learn more about how to teach students to set goals and actions plans, check out **Classroom Goal Setting** at www.lauracandler.com.
- Tracking Progress** - Once a week on Friday or Monday, have students complete one journal entry page by answering the two questions. They don't have to write about every goal each week, but over a period of several weeks they should be writing about all four goals. At the end of the grading period, allow students to celebrate the goals they were able to successfully reach.



Front Cover



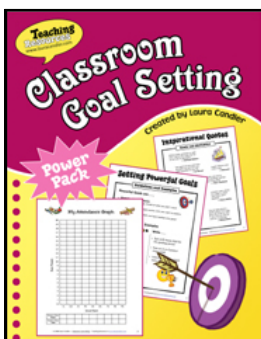
Back Cover



Goal Page



Journal Page



Visit Teaching Resources at www.lauracandler.com for more detailed information about how to help students set goals and action plans. You can find free printables as well as Laura Candler's popular ebook **Classroom Goal Setting** ready for immediate download.

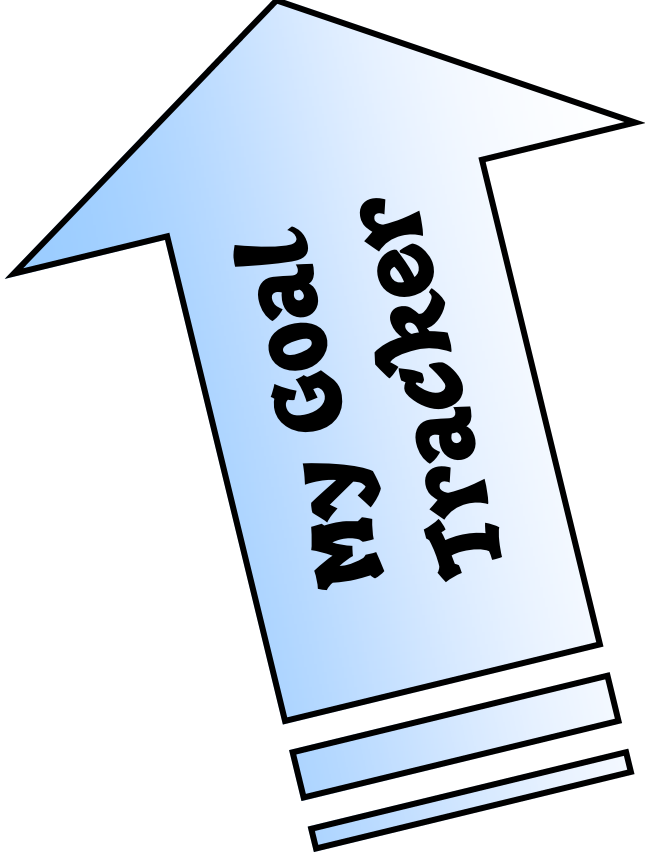
Secrets of Goal Setting

1. Write clear and measurable goals.
2. Create a specific action plan for each goal.
3. Read your goals daily and visualize yourself accomplishing them.
4. Reflect on your progress to make sure you stay on target.
5. Revise your action plans if needed.
6. Celebrate your accomplishments!



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Name _____

Date _____



For more information on goal setting, check out Laura Candler's ebook, **Classroom Goal Setting** at www.lauracandler.com.

My Goals

Date _____

What did you do last week to help you meet your goals?

What do you plan to do this coming week to help you meet your goals? Be specific!

Target Date: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

Goal 4: _____

I pledge to stay focused and work hard to meet my goals.

Signed _____

Date _____

What did you do last week to help you meet your goals?

What do you plan to do this coming week to help you meet your goals? Be specific!

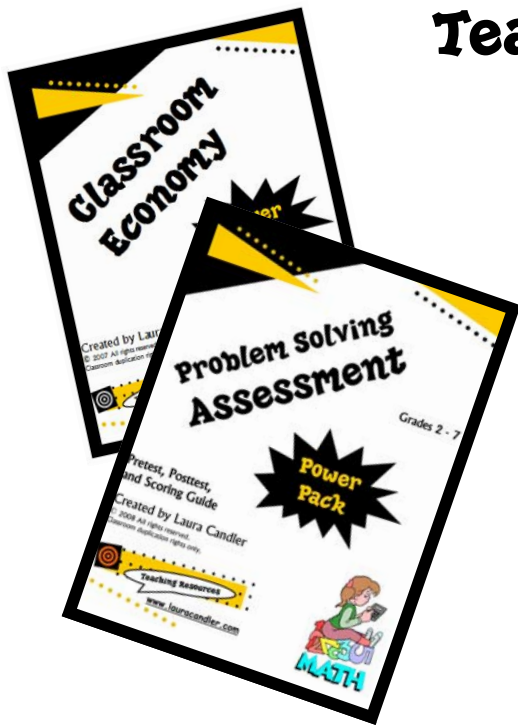
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Teaching Resources Website

www.lauracandler.com



Free Resources for Teachers!

- Blackline masters and activity sheets
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- Literacy and Literature Circle strategies
- Mathematics instructional resources
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- Popular titles include:
 - **Classroom Goal Setting**
 - **Math Stations for Middle Grades**
 - **Daily Math Puzzlers**
 - **Mastering Math Facts**



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