

Tracking Form

Superior performers are adept at putting into place systems that track progress

-Daniel Goleman

Dream: Become a licensed clinical psychologist or counseling psychologist.

Long-Term Goal: Earn degree in psychology.

Short-Term Goals (to be accomplished this semester):

1. Earn an A or B in PSY 211.
2. Earn an A in FYWS.
3. Earn an A in PSY 150.
4. Attend all of my classes.
5. Exercise and eat healthy.
6. Keep my room clean and organized.

Write down a list of habits that will help you reach your short-term goals. Track your progress to help hold yourself accountable.

ACADEMIC Action Steps

Dates		2	3	4	5	6	7	8	9	10	11	12	13	14	15
Attend PSY 211	X		No		X			X		No		X			
Attend FYWS	X		X		X			X		X		X			
Attend PSY 150		X		X					X		X				
Do 1-2 hours of PSY 211	X	X						X	X		X		X		
Do 1-2 hours of FYWS															
Do 1-2 hours of PSY 150															
Go to tutor of PSY 211	X							X							
Go to writing fellow			X							X					
Meet with PSY study group		X		X					X		X				

PERSONAL Action Steps

Dates		2	3	4	5	6	7	8	9	10	11	12	13	14	15
Exercise for 30 minutes.	X		X		X			X	X		X		X		X
Yoga once a week.				X							X				
Laundry twice a week.									X						
Organize room twice a week.		X							X			X			
Track food in diary.	X		X	X				X	X	X					X