

Tracking My Goals

Student Journal

By Laura
Candler

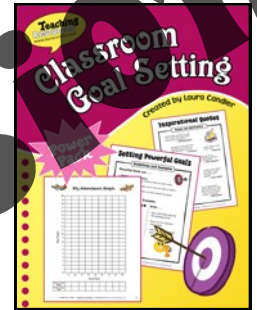


Tracking My Goals Student Journal

Created by Laura Candler
www.lauracandler.com

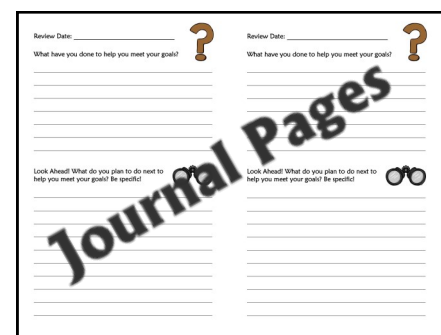
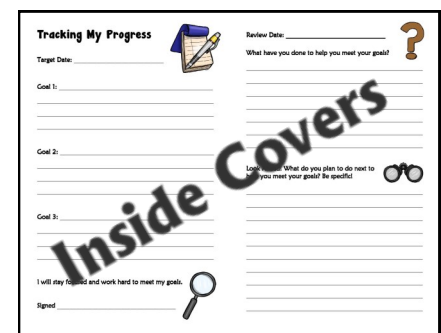


Research shows that students who write goals and create action plans outperform those who don't. **Tracking My Goals** is an 8.5" by 5.5" booklet students can use as a journal to record their goals and track their progress over time. Included in this packet are patterns for the front and back cover as well as for the inside journal pages. You'll also find a helpful mini-poster titled **Goal Tracking Secrets**. This product does not include information about how to help students create action plans. You'll find teaching strategies and ideas for this concept in my ebook, **Classroom Goal Setting**.



How to Introduce and Use the Tracking My Goals Journal:

- Advanced Preparation** - The journal includes three different types of pages: the outside covers, the inside covers, and the journal pages. To make a booklet for a 9-week grading period, you'll need three sheets of 8.5" x 11" paper for each student. On the first sheet of paper, print the outside and inside cover pages back-to-back and fold in half. On the other two sheets of paper, print the journal pages back-to-back and fold them in half to form the inside pages. Tuck the inside pages into the cover and staple all pages in the middle to form the booklet.
- Setting Goals** - Display the **Goal Tracking Secrets** mini-poster on page 3 and have your students brainstorm goals they want to set for the grading period. Then ask each student to set three 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 create 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 throughout the grading period, they should be writing about all three goals. At the end of the grading period, provide time for students to celebrate goals they accomplished.



Goal Tracking Secrets

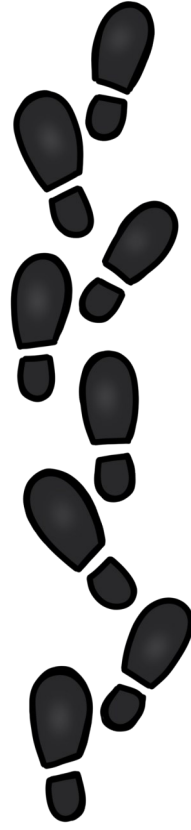


1. Write clear, measurable goals.
2. Create an action plan for each goal.
3. Read your goals each day and believe you can achieve them!
4. Review your progress each week so you can stay on track.
5. Revise and improve your action plans if needed.
6. Celebrate your accomplishments!

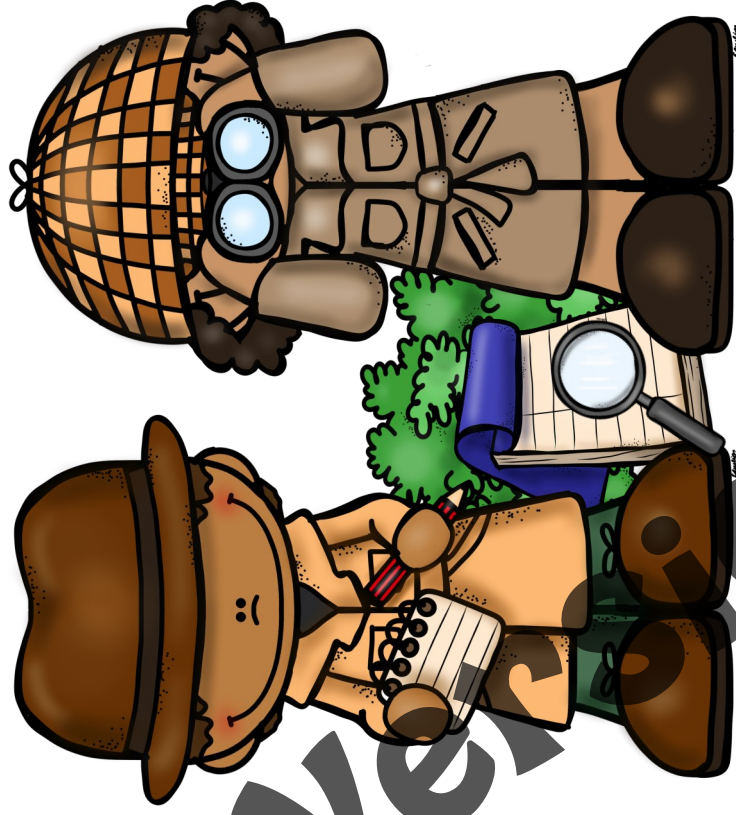


Goal Tracking Secrets

1. Write clear, measurable goals.
2. Create a specific action plan for each goal.
3. Read your goals each day and believe you can achieve them!
4. Review your progress each week so you can stay on track.
5. Revise and improve your action plans if needed.
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Tracking My Goals



Name _____

Date _____

Tracking My Progress



Target Date: _____

Goal 1: _____

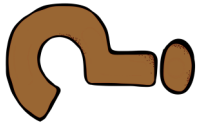
Goal 2: _____

Goal 3: _____

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



Signed _____



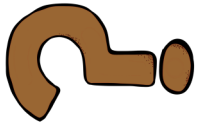
Review Date: _____

What have you done to help you meet your goals?



Look Ahead! What do you plan to do next to help you meet your goals? Be specific!

Preview Version



Review Date: _____

What have you done to help you meet your goals?

Handwriting practice lines (10 horizontal lines)



Look Ahead! What do you plan to do next to help you meet your goals? Be specific!

Handwriting practice lines (10 horizontal lines)



Review Date: _____

What have you done to help you meet your goals?

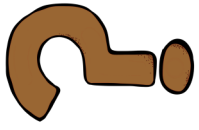
Handwriting practice lines (10 horizontal lines)



Look Ahead! What do you plan to do next to help you meet your goals? Be specific!

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Preview Version



Review Date: _____

What have you done to help you meet your goals?

Handwriting practice lines (10 horizontal lines)



Look Ahead! What do you plan to do next to help you meet your goals? Be specific!

Handwriting practice lines (10 horizontal lines)



Review Date: _____

What have you done to help you meet your goals?

Handwriting practice lines (10 horizontal lines)



Look Ahead! What do you plan to do next to help you meet your goals? Be specific!

Handwriting practice lines (10 horizontal lines)

Preview Version



Mix 'n Match Journal Pages

**Create Your Own
Student Goal Tracker**

By Laura Candler



How to Create Your Goal Tracker

By Laura Candler

This collection of journal pages is designed to go with **Tracking My Goals**, a student goal-tracking journal that was originally designed for upper elementary students. Based on feedback and suggestions from 1st and 2nd grade teachers, I have created a collection of journal page variations that are more appropriate for younger students. The directions for assembling the journal are in the main product ebook located in the zip file you purchased.



Stop Before You Print!

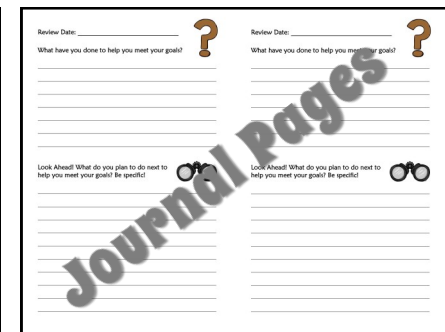
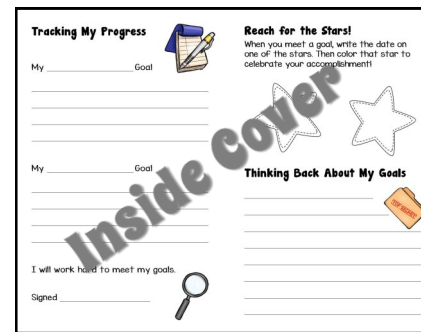
There's no need to print all of these pages. You only need to choose three of them, one from each category below, so scroll through the whole collection and look at all your options.

- Outside Cover
- Inside Cover
- Journal Pages

Mix 'n Match Pages

Think about your own goal setting program, and choose the pages that match the flow and

objectives of your lessons. Some covers and journal pages are designed for students to write one or two big goals on the front inside cover and work on them over several weeks. Others are designed for students to write a different goal on each inside page of the journal. After you choose your journal pages, assemble one journal to test out your selections before you print enough copies for the class.



Outside Cover Options



What are you doing **today** that will keep you on track to meet your **goals**?

Tracking My Goals

An illustration of two cartoon detectives. One is wearing a brown hat and a trench coat, holding a notepad. The other is wearing a checkered hat and a trench coat, holding a magnifying glass. A small dog is sitting between them.

Name _____
Date _____

Goal Tracking Secrets

1. Write clear, measurable goals.
2. Create a specific action plan for each goal.
3. Read your goals each day and believe you can achieve them!
4. Review your progress each week so you can stay on track.
5. Revise and improve your action plans if needed.
6. Celebrate accomplishments!

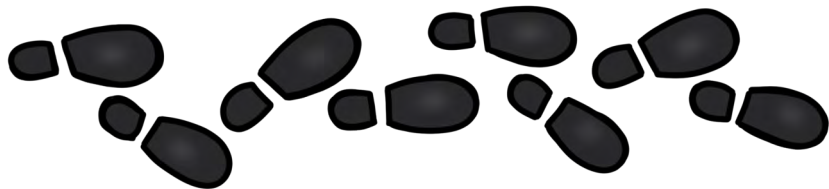
Tracking My Goals

An illustration of two cartoon detectives. One is wearing a brown hat and a trench coat, holding a notepad. The other is wearing a checkered hat and a trench coat, holding a magnifying glass. A small dog is sitting between them.

Name _____
Date _____

Goal Tracking Secrets

1. Write clear, measurable goals.
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5. Revise and improve your action plans if needed.
6. Celebrate accomplishments!



Tracking My Goals



Name _____

Date _____

What are you
doing **today**
that will keep
you on track
to meet your
goals?



Tracking My Goals



Name _____

Date _____

Inside Cover Options

(To be printed on the reverse side of the outside cover)

Tracking My Progress  **My Results and Data** 

Target Date _____

Goal #1 _____

Goal #2 _____

Goal #1 _____

Action Plan #1 _____

Goal #2 _____

Action Plan #2 _____

Test Name _____

Score _____

Reach for the Stars!  **Thinking Back About My Goals**

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

Target Date _____

Goal #1 _____

Goal #2 _____

Score _____

Reach for the Stars!  **Thinking Back About My Goals**

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

Target Date _____

Goal #1 _____

Goal #2 _____

Reach for the Stars!  **Thinking Back About My Goals**

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

Target Date _____

Goal #1 _____

Goal #2 _____

Reach for the Stars!  **Thinking Back About My Goals**

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

Target Date _____

Goal #1 _____

Goal #2 _____

What I Have Accomplished 

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

My Test Scores 

Date	Test Name	Score

Tracking My Progress  **My Results and Data** 

Goal #1 _____

Action Plan #1 _____

Goal #2 _____

Action Plan #2 _____

I will focus and work hard to meet my goals. 

Signed _____

Date: _____ Test Name: _____ Score: _____

Date	Test Name	Score

Thinking Back About My Goals

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!



Tracking My Progress



Target Date: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

I will focus and work hard to meet my goals.

Signed _____



My Results and Data



Preview Version

Tracking My Progress



Target Date: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

I will focus and work hard to meet my goals.

Signed _____



Reach for the Stars!

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!



Thinking Back About My Goals



Preview Version

Tracking My Progress



Target Date: _____

Goal 1: _____

Goal 2: _____

Goal 3: _____

I will focus and work hard to meet my goals.

Signed _____



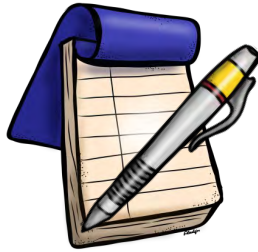
My Results and Data



Date	Test Name	Score

Preview Version

Tracking My Progress



Goal #1 _____

Action Plan #1 _____



Goal #2 _____

Action Plan #2 _____

I will focus and work hard to meet my goals.



Signed _____

My Results and Data



Date	Test Name	Score

Preview Version

Tracking My Progress



Goal #1 _____

Action Plan #1 _____



Goal #2 _____

Action Plan #2 _____

I will focus and work hard to meet my goals.



Signed _____

Reach for the Stars!

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!

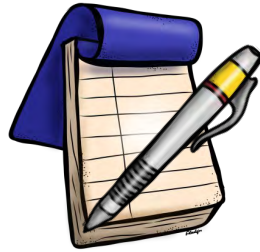


Thinking Back About My Goals



Preview Version

Tracking My Progress



My _____ Goal

My _____ Goal

I will work hard to meet my goals.

Signed _____



Reach for the Stars!

When you meet a goal, write the date on one of the stars. Then color that star to celebrate!



Thinking Back About My Goals



Reach for the Stars!

When you meet a goal, write the date on one of the stars. Then color that star to celebrate your accomplishment!



What I Have Accomplished



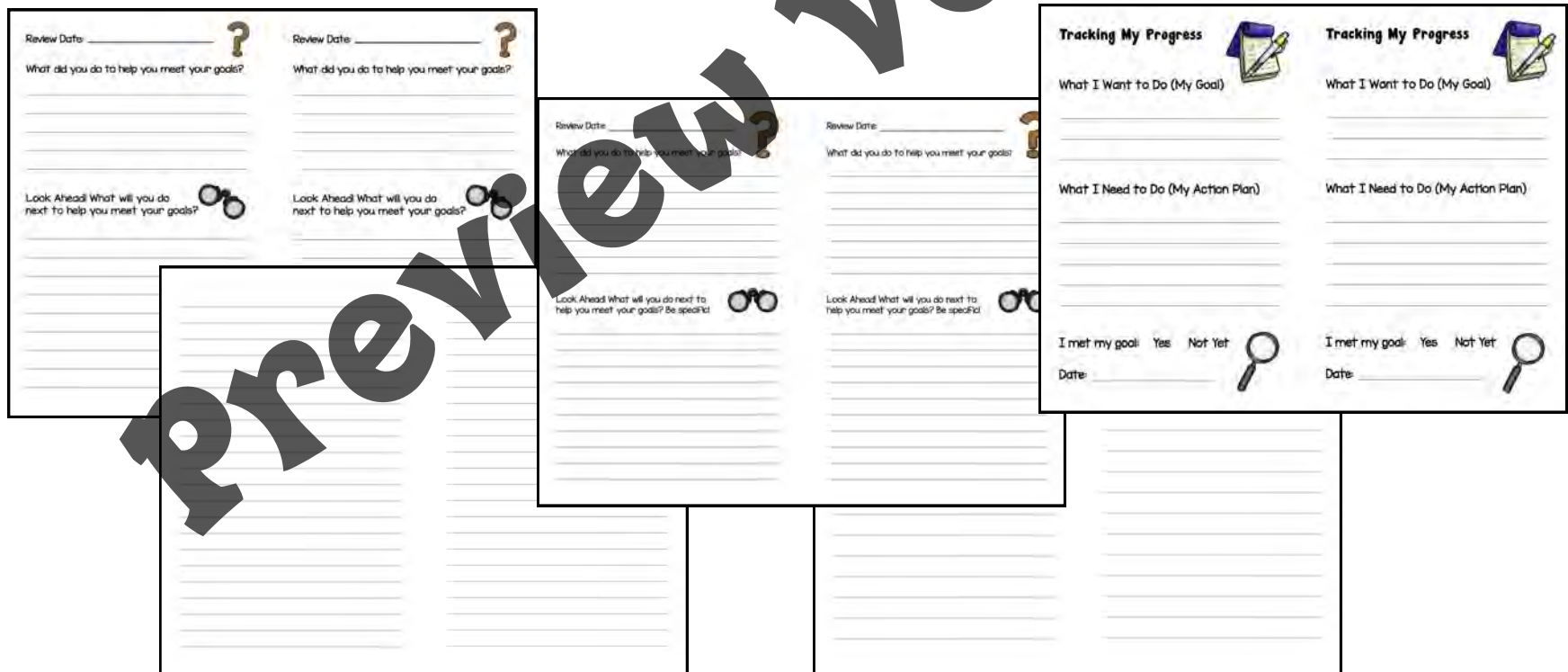
My Test Scores



Date	Test Name	Score

Journal Page Options

(For 8 inside journal pages, use 2 sheets of paper per student. Choose ONE page style, and print copies of that page front to back. When folded, you'll have 8 half pages. Two of the options are plain lined journal pages.)



The image displays a preview of two different journal page layouts. The left layout features a 'Review Date' field with a question mark icon, a section for 'What did you do to help you meet your goals?' with four lines, and a 'Look Ahead' section with a glasses icon asking 'What will you do next to help you meet your goals?' with four lines. The right layout features a 'Tracking My Progress' section with a notepad icon, a 'What I Want to Do (My Goal)' section with four lines, a 'What I Need to Do (My Action Plan)' section with four lines, and a 'I met my goal' section with 'Yes' and 'Not Yet' options and a magnifying glass icon, followed by a 'Date' field with a magnifying glass icon. Both layouts include a large 'Preview Version' watermark.

Review Date: _____



What did you do to help you meet your goals?

Look Ahead! What will you do next to help you meet your goals?



Review Date: _____



What did you do to help you meet your goals?

Look Ahead! What will you do next to help you meet your goals?



Preview Version

Review Date: _____



What did you do to help you meet your goals?

Look Ahead! What will you do next to help you meet your goals? Be specific!



Review Date: _____



What did you do to help you meet your goals?

Look Ahead! What will you do next to help you meet your goals? Be specific!



Preview Version

Tracking My Progress



What I Want to Do (My Goal)

What I Need to Do (My Action Plan)

I met my goal: Yes Not Yet



Date: _____

Tracking My Progress



What I Want to Do (My Goal)

What I Need to Do (My Action Plan)

I met my goal: Yes Not Yet



Date: _____

Preview Version

preview version

Preview Version

Acknowledgements



Laura Candler

I want to thank my primary grade Facebook friends who offered suggestions for these page variations. They gave me great feedback to help make the product even better! Special thanks to Rebecca Saldivar, Hilary, Elisabeth Thompson, Stephana Logue, Kendra Wolgamott, and Terry Stoufer. All of you made significant contributions to this collection of journal pages!

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