

# Goal Progress Tracker for Kids

A simple way to track progress, stay motivated, and keep going toward your goal.



Name: \_\_\_\_\_

Week of: \_\_\_\_\_

## 1 MY GOAL THIS WEEK

My goal is: \_\_\_\_\_

This goal is about:

- Martial arts       School  
 Home                 Friendship  
 Confidence         Responsibility  
 Other: \_\_\_\_\_

Why it matters: \_\_\_\_\_

## 2 PROGRESS MEANS I CAN...

1	Remember my goal	I keep my goal in mind each day.
2	Take one small step	I work on one part at a time.
3	Keep trying	I do not quit when it feels hard.
4	Ask for help	I talk to a parent, teacher, or coach when I need support.
5	Notice progress	I celebrate effort and improvement.

## 3 MY GOAL PROGRESS TRACKER — I CAN DO THIS!

*Track your effort and progress each day!*

Day	Worked on My Goal	Took a Small Step	Kept Going	Asked for Help	I'm Proud Because
Monday	☆	☆	☆	☆	_____
Tuesday	☆	☆	☆	☆	_____
Wednesday	☆	☆	☆	☆	_____
Thursday	☆	☆	☆	☆	_____
Friday	☆	☆	☆	☆	_____
Saturday	☆	☆	☆	☆	_____
Sunday	☆	☆	☆	☆	_____

## 4 MY PROGRESS CHECK-IN

One step I took this week: \_\_\_\_\_

Something that felt hard: \_\_\_\_\_

Something I am proud of: \_\_\_\_\_

My next step is: \_\_\_\_\_

## 5 PARENT TIP

- Praise progress, not perfection.
- Ask about the step your child took today.
- Help kids notice effort, growth, and follow-through.
- Celebrate small wins along the way.

☆  
*Live a Life You Are Proud Of!*