**[A blue and white sign

AI-generated content may be incorrect.](https://www.smartsheet.com/try-it?trp=9237&utm_source=template-word&utm_medium=content&utm_campaign=Weekly+Goal+Setting+and+Assessment-word-9237&lpa=Weekly+Goal+Setting+and+Assessment+word+9237)Weekly Goal Setting and Assessment Template**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Week Number** |  |  |
| MM/DD/YY | 4 |  |  |
|  |  |  |  |
| Weekly Goals |  |  |  |
| **Goal** | **Category** | **Priority** | **Status / Progress** |
|  |  | **High** |  |
|  |  | **Medium** |  |
|  |  | **Low** |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Assessment |  |  |  |
| **How Successful Were you This Week?** | | | |
|  | | | |
| **What Prevented you from Reaching your Goals?** | | | |
|  | | | |
| **What Solutions can be Developed for Overcoming Obstacles?** | | | |
|  | | | |
|  |  |  |  |
| Additional Notes |  |  |  |
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