

# Goal Tracking Contract for Teens

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

By \_\_\_\_\_ (date) I will accomplish the following goal: \_\_\_\_\_

Accomplishing this goal is important to me because: \_\_\_\_\_

## Short-term daily steps I can take to accomplish this goal:

I will \_\_\_\_\_ I will \_\_\_\_\_ I will \_\_\_\_\_

## Long-term weekly or monthly steps I can take to accomplish this goal:

I will \_\_\_\_\_ I will \_\_\_\_\_ I will \_\_\_\_\_

## Date I intend to accomplish this goal:

### In tracking my goal I am...

Ahead on accomplishing my goal and reason why? \_\_\_\_\_

On track to accomplish my goal and reason why? \_\_\_\_\_

Not yet started and reason why? \_\_\_\_\_

Behind and reason why? \_\_\_\_\_

## The following is my consequence for not accomplishing my goal:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## The following is my reward if I accomplish my goal:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Teen Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Terms of this agreement will be reviewed every \_\_\_\_\_ (days, weeks, months) and changes made accordingly.