

90-Day Goal Tracker

Set your direction, then track it honestly week by week.

Name: _____

Start Date: _____

MY 90-DAY GOALS

Write 3 goals that are specific and measurable — "5,000 email subscribers," not "grow my list."

Goal 1: _____

Goal 2: _____

Goal 3: _____

MILESTONE CHECKPOINTS

- ☐ **Day 30** Foundation built — profiles live, first content published
- ☐ **Day 60** Consistency proven — content published weekly, first audience growth
- ☐ **Day 90** First results — first commission, sale, or client, however small

WEEKLY LEARNING GOAL

One skill you're committing to improve every week, no matter what else happens.

90-Day Goal Tracker

Weeks 1–6

WEEK 1

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 2

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 3

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 4

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 5

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 6

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

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Weeks 7–12

WEEK 7

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 8

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 9

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 10

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 11

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week:

WEEK 12

week complete ☐

Main focus this week:

Content published:

One thing I'll improve next week: