**Use this table to plan your SMART goals on your FGW course(s).**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Goal (make sure it is specific)** | **How will I measure my success?** | **Is the goal attainable?** | **How is it relevant to what I want to achieve?** | **What timescale is involved? What are the key dates?** |
| I will help my mother with work. | I’ll spend two hours every day in a week to help my mom. | To do that, I’ll wake up early to help her because she sells breakfast foods so I must wake up early to help her. | These will improve my family’s property and my mom will have lots of money to pay tuition fee for me. | I’ll complete that in every morning. |
| I’ll exercise regularly. | I will do that every day in a week instead of just some days in a week. | To do that, I spend an hour every day to do. | I will have a body that makes me feel confident in the front of crowd. | I’ll complete that in two months. |
| I want to get weight in next month. | I weigh 55kg now and I’ll gain 58kg in next month. | To do that, I’ll categorize the diet accordingly. Avoid skipping meals. Getting enough sleep. | That makes me healthier. | I’ll complete that in a month. |
| I will aim to get a D grade in this course. | In this course, I’ll get D grades or at least can get M grades. | To do that, I’ll spend lots of time reviewing lectures and what my teacher is saying in class. | That helps me get a clear goal to perform and get a good grade. | I’ll complete that in this course. |
| I’ll submit assignments on time. | I’ll do and submit the assignment before the deadline day.  Don’t wait until the deadline day to do my assignment. | I’ll do the assignment after the teacher gives it and finish it before the deadline day. | That helps me avoid getting into bad situations such as forget the deadline and submit not on time. | I’ll complete assignments in two days when my teacher gives them for me. |
| Listening what teacher said in the lectures carefully. | There are three hours in every lecture and I’ll be careful to listen what teacher say in these lectures. | I’ll always get focus to listen while learning. | That helps me get the lectures easily. | I’ll complete that in every lecture. |

**Make a weekly study plan in this semester**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Morning** | 5h-7h | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. | I’ll help my mother to sell breakfast foods. |
| 7h-7h30h | I have breakfast | I have breakfast | I have breakfast | I have breakfast | I have breakfast | I have breakfast | I have breakfast |
| 7h30-10h40 |  | I study online |  | I study online | I study online |  |  |
| **Afternoon** | 11h-12h | I have lunch | I have lunch | I have lunch | I have lunch | I have lunch | I have lunch | I have lunch |
| 12h50-16h | I study online | I take a nap | I study online | I take a nap | I take a nap | I take a nap | I take a nap |
| 17h-18h | I exercise | I exercise | I exercise | I exercise | I exercise | I exercise | I exercise |
| **Evening** | 18h30-19h | I have dinner | I have dinner | I have dinner | I have dinner | I have dinner | I have dinner | I have dinner |
| 19h-21h | I’ll make homework or review the lectures | I’ll make homework or review the lectures | I’ll make homework or review the lectures | I’ll make homework or review the lectures | I’ll make homework or review the lectures | I’ll make homework or review the lectures | I’ll make homework or review the lectures |
| 22h- |  |  |  |  |  |  |  |