

QS 101: Make it SMART

A good self-tracking practice follows SMART principles. You can use this simple worksheet to conceptualize and plan your self-tracking with the SMART guidelines.

My self-tracking practice is _____

Specific: I plan to track this exact behavior: _____

Measurable: I plan to track that exact behavior by using this specific tool/system/method

Attainable: I can build this self-tracking practice into my daily routine by _____

Engaging in this self-tracking practice will be to detriment of my personal and social responsibilities: YES / NO

Relevant: By engaging in this self-tracking practice I hope to gain knowledge about _____

Time-bound: After tracking for _____ days/weeks/months/years I will engage in a thorough process of data analysis and reflection.



Quantified Self