brightstudy

FREE RESOURCE — TEMPLATE

Term Goal-Setting Sheet

Turn vague hopes like "do better in Chemistry" into measurable goals with milestones, weekly actions and a mid-term checkpoint.

4	3	Week 6	1
SUBJECT GOAL PAGES	MILESTONES PER GOAL	CHECKPOINT	HABIT PER SUBJECT

GOALS · MILESTONES · CHECKPOINT · REFLECTION

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Study planning	2026, A4 PDF	brightstudy.ai/resources/term-goal-setting-sheet

What is inside

A goal you cannot measure is a wish. This sheet walks you from the grade or outcome you want to the weekly actions that produce it. For each subject you write a target, the evidence that will show you are on track, the three milestones between now and the end of term, and the single habit that matters most. A mid-term checkpoint page asks whether the plan is still realistic, so you adjust in week six rather than discovering the problem in the exam.

SECTIONS

1. What makes a goal useful
2. Worked example
3. Subject goal pages
4. Subject goal pages (continued)
5. Mid-term checkpoint
6. End-of-term reflection

WHO IT IS FOR

Students at any level starting a new term or a new course, and tutors or parents who want a shared, concrete plan to refer back to.

WHAT IS INCLUDED

- One goal page per subject with target, evidence, milestones and weekly habit
- Goal-quality checklist so each goal is specific, measurable and dated
- Worked example that turns "improve in Chemistry" into a plan
- Mid-term checkpoint page with adjust-or-continue decisions
- End-of-term reflection to carry lessons into the next term

01

What makes a goal useful

Before you write anything, check your goal against these five questions. A goal that fails two of them will quietly disappear by week three.

- [ ] Specific: it names one subject and one outcome, not "do better at school".
- [ ] Measurable: there is a number or a piece of evidence that proves it happened.
- [ ] Dated: it has an end date inside this term.
- [ ] Owned: it depends on what you do, not on what a teacher or examiner does.
- [ ] Actionable: you can name the weekly habit that leads to it.

FROM WISH TO GOAL

WISH	GOAL THAT PASSES THE CHECKLIST
Do better in Chemistry	Score 70% or more on the end-of-term Chemistry test on 12 December by completing one past-paper section every week.
Revise more	Review flashcards for 15 minutes on five days a week, every week, until half term.
Stop leaving essays to the last minute	Submit every History essay this term at least two days before the deadline, with a plan written a week before.

02

Worked example

A Year 11 student who got 52% in a Chemistry mock and wants a grade 7.

FIELD	EXAMPLE
Subject	Chemistry
Target	70%+ on the December end-of-term test (currently 52%)
Evidence I am on track	Weekly past-paper section scores rising from ~50% to 65%+ by week 8
Milestone 1 (week 3)	Notes complete for all five quantitative chemistry topics
Milestone 2 (week 6)	Two full past papers done under timed conditions, mistakes logged
Milestone 3 (week 9)	Every logged mistake type re-tested once and corrected
Weekly habit	One timed past-paper section every Wednesday, marked the same evening
Biggest risk	Skipping Wednesday when there is Maths homework — move to Thursday, never cancel

03
Subject goal pages

One page per subject. Copy the page for a fifth subject if you need it.

SUBJECT

TARGET (WITH A NUMBER AND A DATE)

EVIDENCE I AM ON TRACK

MILESTONE 1 (BY WEEK ___)

MILESTONE 2 (BY WEEK ___)

MILESTONE 3 (BY WEEK ___)

WEEKLY HABIT

BIGGEST RISK AND WHAT I WILL DO ABOUT IT

SUBJECT

TARGET (WITH A NUMBER AND A DATE)

EVIDENCE I AM ON TRACK

MILESTONE 1 (BY WEEK ___)

MILESTONE 2 (BY WEEK ___)

MILESTONE 3 (BY WEEK ___)

WEEKLY HABIT

BIGGEST RISK AND WHAT I WILL DO ABOUT IT

04

Subject goal pages (continued)

SUBJECT

TARGET (WITH A NUMBER AND A DATE)

EVIDENCE I AM ON TRACK

MILESTONE 1 (BY WEEK ___)

MILESTONE 2 (BY WEEK ___)

MILESTONE 3 (BY WEEK ___)

WEEKLY HABIT

BIGGEST RISK AND WHAT I WILL DO ABOUT IT

SUBJECT

TARGET (WITH A NUMBER AND A DATE)

EVIDENCE I AM ON TRACK

MILESTONE 1 (BY WEEK ___)

MILESTONE 2 (BY WEEK ___)

MILESTONE 3 (BY WEEK ___)

WEEKLY HABIT

BIGGEST RISK AND WHAT I WILL DO ABOUT IT

05

Mid-term checkpoint

Fill this in around week six. Be specific about the evidence; "sort of" is not a milestone status.

SUBJECT	MILESTONES HIT (OF 3)	LATEST EVIDENCE	DECISION: CONTINUE / REDUCE GOAL / INCREASE HABIT	NEW CHECK DATE

Which weekly habit has been easiest to keep, and why?

Which has been hardest? What is actually getting in the way?

What would I tell a friend in my position to change?

06

End-of-term reflection

SUBJECT	TARGET	RESULT	HIT / NEAR / MISSED	WHAT MADE THE DIFFERENCE

The one habit I will keep next term:

The one thing I will stop doing:

The goal I underestimated, and what I now know about it:

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH STUDY PLANNING

FEATURE	WHAT IT DOES	LINK
Study Calendar	Plan revision, exams, deadlines and events.	brightstudy.ai/features/study-calendar
Progress Analytics	Track your study activity and performance.	brightstudy.ai/features/progress
Topic Analysis	Find stronger topics and areas that need attention.	brightstudy.ai/features/topic-analysis
Spaced Repetition	Revisit your learning with scheduled reviews.	brightstudy.ai/features/spaced-repetition

RELATED RESOURCES

RESOURCE	LINK
Weekly Study Planner	brightstudy.ai/resources/weekly-study-planner
Daily Study Checklist	brightstudy.ai/resources/daily-study-checklist
12-Week Exam Countdown Planner	brightstudy.ai/resources/exam-countdown-planner



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