

Accountable on the web

Many websites allow you to share your goals with a broader world. But before you dive into another system, don't overlook about sharing via a status update on Facebook, a tweet on Twitter, or a shout on [ShoutNow](#).

- **43things.com** enlists users to make a list of things they want to achieve within their lifetime, share progress, and cheer others onward to victory.
- **comotivate.com** matches users with "buddies" based on similar goals and other criteria. Users form teams with buddies who have similar goals.
- **goalforit.com** offers goal-setting and tracking software and also boasts of its capability to create "chore charts kids will love."
- **goalmigo.com** allows you to post goals and invite others to support you.
- **goaltribe.com** facilitates setting action plans and identifying allies who see your score to help you improve over time.
- **joesgoals.com** offers a simple grid interface to facilitate tracking of daily goals each week.
- **mecanbe.com** also allows users to establish goals and identify the tasks required to reach them, forming robust plans.
- **stickk.com** enables users to "put a contract out on themselves" by lining up real dollars against pre-determined goals.

Other sites lend support to specific goal areas:

- **mint.com** awards points based on which steps you take toward your financial fitness.
- **nike.com** offers goal setting, tracking, and sharing for running distances and programs. The system can also plug-in with technology for the iPod Nano that measures distance.
- **peertrainer.com** facilitates sharing fitness goals with groups.
- **revolutionhealth.com** integrates personal health records with online health tools and trackers.
- **myfooddiary.com**, **sparkpeople.com**, and **thedailyplate.com** track your nutrition and exercise history. Users can estimate calories consumed and burned in order to estimate weight loss.