

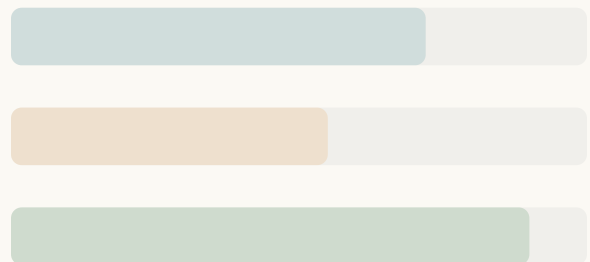


AN ARDENT WORKSHOP PRODUCT

# Free OKR Starter Sheet

Objectives, key results, and 0.0-1.0 scoring — free from Ardent Workshop.

[Start here](#)



# Your free OKR starter sheet

OKR stands for Objectives and Key Results. An objective is where you want to go this quarter; a key result is the number that proves you got there. This free starter lets you write one team's objectives and key results and — the useful part — it scores each key result 0.00 to 1.00 from a start, a target, and a current value, and flags the status for you.

**Off track**  
0.0 – 0.3

**At risk**  
0.4 – 0.6

**On track**  
0.7 – 1.0

## How to use the starter sheet

- 1 Open OKR-Starter-Sheet.xlsx in Excel, Google Sheets, or LibreOffice.
- 2 Write an objective, then two to five measurable key results under it.
- 3 For each key result, type a Start, a Target, and a Current value — the Score and Status fill in.
- 4 On a genuine stretch goal, landing near 0.7 is a win, not a miss.

### READY FOR THE WHOLE LOOP?

This starter scores your key results. The full OKR & Goal-Setting Workbook rolls them up: each objective is auto-scored from its key results, every objective rolls up to a company score, with confidence tracking, a by-team dashboard, on-track / at-risk / off-track counts, a one-click Google Sheets copy, and four guides — one owned 7-tab file. [Get the full OKR & Goal-Setting Workbook >](#)

Free starter from Ardent Workshop. The example objectives and numbers are fictional and illustrative. OKRs are a focus-and-alignment tool, not a performance-review score, and not management, legal, or professional advice. OKR is a generic, widely-used goal-setting method, not affiliated with or endorsed by any framework owner.