

□ Attainable?

INSTRUCTIONS

Use this sheet to write your goal and keep track of your progress. Write one goal on each page. If you need more information on writing goals, please see the Goal Setting page.

My goal:			
This is a:	ls it:		
Daily goal	□ Specific?	□ Relevant?	
Weekly goal	□ Measureable?	□ Time Bound?	

 SUNDAY
 MONDAY
 TUESDAY
 WEDNESDAY
 THURSDAY
 FRIDAY
 SATURDAY

 I met my daily goal on these days: (Check each box when you are successful.)
 I met my daily goal:
 I met my daily goal:
 I met my daily goal:
 I met my daily goal:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
l met my weekly goal on these days:					l met my weekly goal:
(Check each box when you are successful.)					□ Yes □ No



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