



MY GOAL PROGRAM TRACKER



Plan today. Work hard. Make it happen!

Name : _____

Date : _____

MY GOAL What is my goal? _____ _____ _____ _____	WHY Why is this goal important to me? _____ _____ _____ _____	ACTION PLAN What steps will I take to reach my goal? 1. _____ 2. _____ 3. _____ 4. _____	START DATE When will I start? _____ TARGET DATE When do I want to achieve it? _____	I WILL ACHIEVE BECAUSE... Write an affirmation or motivation for yourself. _____ _____ _____ _____
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MY DAILY ACTIONS / GOOD HABITS	MY PROGRESS							HOW DID I DO? (Weekly Review)
	MON	TUE	WED	THU	FRI	SAT	SUN	
_____	☐	☐	☐	☐	☐	☐	☐	
_____	☐	☐	☐	☐	☐	☐	☐	
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WEEKLY REFLECTION

What went well this week?

What can I improve next week?

NEXT WEEK'S PLAN

What will I do next week to get even better?

☐ _____
☐ _____
☐ _____
☐ _____



Small steps every day lead to **BIG** results!

