

GOAL PROGRAM TRACKER

FOCUS. PLAN. TAKE ACTION. ACHIEVE.



NAME: _____

DATE: _____



MY GOAL

What goal do I want to achieve?



WHY

Why is this goal important to me?



ACTION PLAN

What steps will I take to reach my goal?

1. _____
2. _____
3. _____
4. _____
5. _____



TIMELINE

When will I start?

TARGET DATE

When do I want to achieve my goal?



I WILL ACHIEVE BECAUSE...

Write an affirmation or motivation for yourself.

HABITS & ACTIONS What I will do regularly to reach my goal.	WEEKLY PROGRESS TRACKER							WEEKLY REVIEW
	MON	TUE	WED	THU	FRI	SAT	SUN	
1 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆
2 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆
3 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆
4 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆
5 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆
6 _____	☐	☐	☐	☐	☐	☐	☐	☆☆☆☆☆



WEEKLY REFLECTION

1. What went well this week?

2. What challenges did I face?

3. What can I improve next week?

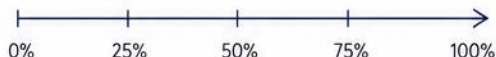


NOTES & REMINDERS

- _____
- _____
- _____
- _____
- _____
- _____

PROGRESS CHECK

At the end of the month, how close am I to my goal?



MY REWARD

When I achieve my goal, I will reward myself with:



DISCIPLINE TODAY
SUCCESS TOMORROW