

Name:



My Goal



My Target Date Is:

To reach my goal I will do these things:

- 1.
- 2.
- 3.



I know I will reach my goal because:

Two things that will help me stick to my goal are:

- 1.
- 2.

What I did to reach my goal.

Date

Activity



I will: (check one)

- Continue working towards my goal.
- Change something about this goal.
- Write a new goal.

Why did you choose to do that with your goal?