

MY Specific Goal

[Empty box for goal description]

Target Date

[Empty box for target date]

M	T	W	Th	F	S	Su
Goal Time or Amount :	Goal Time or Amount :	Goal Time or Amount :	Goal Time or Amount :	Goal Time or Amount :	Goal Time or Amount :	Goal Time or Amount :
Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.	Goal Steps/ Solutions to focus on or notes.
SUCCESS!	SUCCESS!	SUCCESS!	SUCCESS!	SUCCESS!	SUCCESS!	SUCCESS!

Reward

[Empty box for reward description]

Week 1	Week 2	Week 3	Week 4
X	X	X	X