

MY Specific Goal

[Empty box for MY Specific Goal]

Week 1

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!

Week 1 Reward








[Empty box for Week 1 Reward]

Week 1 Week 2 Week 3

MY Specific Goal

Week 2

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! 

Week 2 Reward

Week 1 Week 2 Week 3



MY Specific Goal

Week 3

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! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>	SUCCESS! <input type="checkbox"/>








Week 3 Reward

Week 1 <input type="checkbox"/>	Week 2 <input type="checkbox"/>	Week 3 <input type="checkbox"/>
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MY Specific Goal

Week 4

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! 

Week 4 Reward

Week 1 	Week 2 	Week 3 
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