
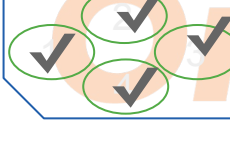



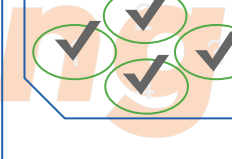



MY Specific Goal

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

Week 1  Week 2  Week 3  Week 4 