

GOAL-SETTING CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT	MY PROGRESS:
Name _____								<input type="checkbox"/> I met my goal! <input type="checkbox"/> I still need to work on this:
Week 1 Dates _____								
My Goal This Week: _____								

Week 2 Dates _____								<input type="checkbox"/> I met my goal! <input type="checkbox"/> I still need to work on this:
My Goal This Week: _____								

Week 3 Dates _____								<input type="checkbox"/> I met my goal! <input type="checkbox"/> I still need to work on this:
My Goal This Week: _____								

Week 4 Dates _____								<input type="checkbox"/> I met my goal! <input type="checkbox"/> I still need to work on this:
My Goal This Week: _____								

REMEMBER TO SET S.N.A.C.K. GOALS:
Small, Needed, Achievable, Can I Count It?, Know-How