

# GOAL-SETTING CALENDAR

Name \_\_\_\_\_

	SUN	MON	TUE	WED	THU	FRI	SAT	MY PROGRESS:
<b>Week 1</b> Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
<b>Week 2</b> Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
<b>Week 3</b> Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____
<b>Week 4</b> Dates _____ My Goal This Week: _____ _____								<input type="checkbox"/> I Met My Goal! <input type="checkbox"/> I Still Need to Work on This: _____ _____

**REMEMBER TO SET S.N.A.C.K. GOALS:**  
**S** SMALL, **N**EEDED, **A**CHIEVABLE, **C**AN I COUNT IT?, **K**NOW-HOW