

# 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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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:**  
 Small, Needed, Achievable, Can I Count It?, Know-How