

GOAL & REWARD TRACKER

⚡ SET A GOAL, TRACK YOUR PROGRESS, EARN YOUR REWARD

Name: _____



My Goal: _____



⚡ WHY THIS GOAL MATTERS:

5 STEPS TO REACH MY GOAL

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



WEEKLY CHECK-IN ⚡

MON	TUE	WED	THU	FRI	SAT	SUN

MY PROGRESS METER

1 2 3 4 5 6 7 8 9 10

REWARD I'M WORKING TOWARD: ⚡

WHAT HELPED ME THIS WEEK: ⚡

