



GOAL GETTER CHART



 **PICK A GOAL, STAY FOCUSED, AND KEEP MOVING FORWARD** 

Name: _____

My Goal: _____

WHY THIS GOAL MATTERS:



STEPS TO SUCCESS

1

2

3

4

5

WEEKLY EFFORT TRACKER						
MON	TUE	WED	THU	FRI	SAT	SUN
						

MY PROGRESS METER

1

2

3

4

5

6

7

8

9

10



WHEN I REACH MY GOAL, I WILL REWARD MYSELF WITH:



WHAT KEPT ME GOING:

