



## PROGRESS



### WEEK 1

What I did this week to work on my goal:

### WEEK 2

What I did this week to work on my goal:

### WEEK 3

What I did this week to work on my goal:

### WEEK 4

What I did this week to work on my goal:

## REACH THE GOAL!

My goal for the month of \_\_\_\_\_  
is:

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I REACHED MY GOAL, SO I GET

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