

WEEKLY GOAL

DATES: _____

 GOAL 

MONDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

TUESDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

WEDNESDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

THURSDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

FRIDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

SATURDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

SUNDAY TO DO
• _____
• _____
• _____
<input type="checkbox"/> NAILED IT <input type="checkbox"/> MISSED IT

TREAT YOURSELF!
PRIZE For accomplishing your goal: