

My Goal:



WEEK	GOAL MET?	WHAT WORKED WELL?	IDEAS + TIPS TO TRY NEXT
1	↓ OR ✗		
2	↓ OR ✗		
3	↓ OR ✗		
4	↓ OR ✗		
5	↓ OR ✗		
6	↓ OR ✗		
7	↓ OR ✗		
8	↓ OR ✗		
9	↓ OR ✗		
10	↓ OR ✗		
11	↓ OR ✗		
12	↓ OR ✗		