

Name: \_\_\_\_\_

# My Goal this Month

State a goal for the month: \_\_\_\_\_

Potential Challenges: \_\_\_\_\_

Week One Strategies:

- \_\_\_\_\_
- \_\_\_\_\_

Week Two Strategies:

- \_\_\_\_\_
- \_\_\_\_\_

Week Three Strategies:

- \_\_\_\_\_
- \_\_\_\_\_

Week Four Strategies:

- \_\_\_\_\_
- \_\_\_\_\_