



How to use your goal setting tracker:

1. Fill out the chart on your tracker with the following information.
 - **Big Goal** - Something you want to accomplish in the next 30 days (ex: lose 4 lbs)
 - **1** – A simple step you can take 5-7 days per week to reach your goal (ex: 10 squats)
 - **2** – A “reach” step you can take 3 days per week (ex: 30-minute run)
 - **3** – A larger step you can take that you may only be able to do once per week (ex: cook bulk meals)
2. Fill in the days of the week for when you plan to begin.
3. Fill in your chart daily with what you accomplished. Use the number “1,” “2” or “3” from above as indicators.
4. Use the reflection questions on your chart to guide your process.

Weekly Reflection Questions:

1. Is your schedule impacting your ability to reach your goal?
2. Do you need to change any of your smaller steps to make your Big Goal more attainable?
3. Should you add something because your small steps are too easy?
4. How does your progress towards your goals impact your mood (both if you do or don't make progress)?
5. On days where you didn't write any numbers, what happened? How do you feel?
6. Are you more productive on some days than others? Why?
7. Overall, what is this teaching you about the way you frame goals in your head?



My Big Goal: _____

1:

2:

3:

	Days of the Week:						
How do you feel this week? ↓							
+ = -							
+ = -							
+ = -							
+ = -							