

GOAL TRACKER

| GOAL |
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| MOTIVATION |
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START DATE :

PROJECTED DUE DATE :

DURATION :

| AREAS OF FOCUS |
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| ACTION PLAN |
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| <input checked="" type="checkbox"/> | DATE : | ACTION STEPS |
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| <input type="checkbox"/> | | |
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| NOTES |
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| DISTRACTIONS TO AVOID |
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| HABITS TO SUPPORT MY GOAL |
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| ROADBLOCKS |
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| HOW I FEEL WHEN I COMPLETE THIS GOAL |
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| <input checked="" type="checkbox"/> | DATE : | PROGRESS TRACKER |
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| DATE COMPLETED : |
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