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| **Week \_\_\_\_\_** | **What did you accomplish toward your goal today?** | **Notes: What barriers/solutions did you find?** |
| SundayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| MondayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| TuesdayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| WednesdayDate\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| ThursdayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| FridayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| SaturdayDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |