

# GOAL TRACKER

WEEK OF: \_\_\_\_\_

OVERALL GOAL: \_\_\_\_\_

REWARD: \_\_\_\_\_

DAY	GOAL:	ACHIEVED	REWARD:
SUNDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
MONDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
TUESDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
WEDNESDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
THURSDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
FRIDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____
SATURDAY	_____ _____ _____	_____ ★ _____	_____ _____ _____