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| **Week \_\_\_\_\_** | **What did you accomplish toward your goal today?** | **Notes: What barriers/solutions did you find?** |
| Sunday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Monday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Tuesday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Wednesday  Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Thursday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Friday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |
| Saturday  Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |