










My Goals



Name: _____

This is the specific goal I'm working towards...	<i>How did I get on?</i>
<p>Goal #</p> <p>Date set: _____ Review date: _____</p>	<p>I achieved my goal <input type="checkbox"/></p> <p>I adjusted my goal <input type="checkbox"/></p> <p>I have a new goal <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p>  </p>
<p>Goal #</p> <p>Date set: _____ Review date: _____</p>	<p>I achieved my goal <input type="checkbox"/></p> <p>I adjusted my goal <input type="checkbox"/></p> <p>I have a new goal <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p>  </p>
<p>Goal #</p> <p>Date set: _____ Review date: _____</p>	<p>I achieved my goal <input type="checkbox"/></p> <p>I adjusted my goal <input type="checkbox"/></p> <p>I have a new goal <input type="checkbox"/></p> <p><i>How am I feeling?</i></p> <p>  </p>