My Goal Progress  My goal is:		Name:		Date:		
This goal is a (circle one): Short-Term Goal Short-Term Goal Related to a Long-Term Goal or Life Goal  1. Write your goal action steps below. 2. Write the date you tried to or completed the action step, and check your progress (whether you did it, did part of it, or didn't or couldn't do it). 3. If you are not making progress, go back a step, or look at breaking the step down more. If you meet all steps set the next goal.						
Goal Action Steps	Date 1-Progress	Date 2-Progress	Date 3-Progress	Date 4-Progress	Date 5-Progress	Step Requirements
Step 1:	Date:	Date:	Date:	Date:	Date:	Met
	I did it! I did part of it I didn't or couldn't do it	I did it! I did part of it I didn't or couldn't do it	I did it! I did part of it I didn't or couldn't do it	I did it! I did part of it I didn't or couldn't do it	I did it! I did part of it I didn't or couldn't do it	Partly metDid not meet
Step 2:	Date:	Date:	Date:	Date:	Date:	Met
	I did it! I did part of it I didn't or	I did it! I did part of it I didn't or	I did it! I did part of it I didn't or	I did it! I did part of it I didn't or	I did it! I did part of it I didn't or	Partly met
	couldn't do it	Did not meet				
Step 3:	Date:	Date:	Date:	Date:	Date:	Met
	I did it! I did part of it	Partly met				
	I didn't or couldn't do it	Did not meet				
Stan 4:	Date:	Date:	Date:	Date:	Date:	Met

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I did it!

I didn't or

couldn't do it

I did it!

I didn't or

couldn't do it

Date:

\_I did part of it

\_I did part of it

I did it!

I didn't or

couldn't do it

I did it!

I didn't or

couldn't do it

Date:

\_I did part of it

\_I did part of it

I did it!

couldn't do it

I did it!

couldn't do it

I didn't or

Date:

I didn't or

\_I did part of it

\_I did part of it

Partly met

Did not meet

Partly met

Did not meet

Met

I did it!

couldn't do it

I did it!

I didn't or

couldn't do it

Date:

Step 5:

\_I did part of it

\_I did part of it

I didn't or

I did it!

I didn't or

couldn't do it

I did it!

I didn't or

couldn't do it

Date:

\_I did part of it

\_I did part of it