

**My goal is** \_\_\_\_\_  
**Date:** \_\_\_\_\_

**My goal is**

**My target date is**

**To reach my goal I will do these 3 things:**  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

**I will know I've reached my goal because:**

**I think that will help me reach my goal by:**