



Student Name:

Obtain Marks:

Weekly Goal Setting Sheet

Behavior & Goal Tracking

Pick one goal and check in on it all week.

My goal for this week:

Why this goal matters to me:

Steps to get there:

1.
2.
3.

How I'll know I did it:

Daily check-in: Did I work on my goal today?

| Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

At the end of the week, one thing that helped: