

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
☐	☐	☐	☐	☐	☐	☐

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