

# GOAL TRACKER

Sometimes our goals can seem so far away that we feel overwhelmed.

Focusing on the steps that we're taking right now is a great way of staying motivated and consistent with our habits.

This template will assist you in tracking your progress as you move toward your goals, step by step.

**Above the table**, write down your measurable goal, where you are now, how often you want to practice, and how you plan to progress.

**In the table**, write down how much you performed on the day that you performed it. Each week you will start a new column.

## EXAMPLE:

**GOAL:** WALKING 30 MINUTES

**WHERE I AM NOW:** 5 MINUTES

**HOW OFTEN I WANT TO PRACTICE:** 4 DAYS/WEEK

**HOW MUCH I WILL START WITH:** 5 MINUTES

**HOW I WILL PROGRESS:** 1 MINUTE/WEEK

DAY	WEEK OF:	WEEK OF:	WEEK OF:	WEEK OF:
MONDAY	10MIN	11MIN		13MIN
TUESDAY		11MIN	12MIN	
WEDNESDAY	10MIN		12MIN	
THURSDAY		11MIN		13MIN
FRIDAY	10MIN			
SATURDAY		11MIN	12MIN	13MIN
SUNDAY	10MIN			13MIN

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**GOAL:**

**WHERE I AM NOW:**

**HOW OFTEN I WANT TO PRACTICE:**

**HOW MUCH I WILL START WITH:**

**HOW I WILL PROGRESS:**

DAY	WEEK OF:	WEEK OF:	WEEK OF:	WEEK OF:
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

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