ToneTeen.com - Tools & Charts Weekly Goals

Weekly Goals Week of:		Weekly Goals Week of:
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Weekly Goals Week of:	•	Weekly Goals Week of:
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Use these Weekly Goals sheets to keep track of your short-term goals. Write one goal down on each line. Check or cross off the goal once it is complete. Tape this paper to your mirror, your refrigerator, or any place it will be readily noticeable.