

## Progress chart

### Weeks 1/2

Goal 1 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

### Weeks 3/4

Goal 1 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

**Weeks 5/6**

Goal 1 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

**Weeks 7/8**

Goal 1 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress    0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

**Weeks 9/10**

Goal 1 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

**Weeks 11/12**

Goal 1 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 2 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)

Goal 3 \_\_\_\_\_ Progress 0 1 2 3 4 5 6 7 8 9 10  
(0 = no progress at all, 10 = completely reached my goal)