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Goal Follow up and New Goal

Name	Date
My Goal	
I am meeting my goal completely	
I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
My Goal	
I am meeting my goal completely	
I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
My Goal	
I am meeting my goal completely	
☐ I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
This week I will:	
	(How much) (When)
	(How often)
How confident are you that you can do your pl	an? Score
This week I will:	
	(When) (How often)
How confident are you that you can do your pl	
Signature	_