

My Goals

I deserve to Be Happy and Healthy



My Main Goals

1.

2.

3.

Remember:

Is my goal SMART?

Specific

Measurable

Achievable

Relevant

Time

Did I add options?

Minimum

Acceptable

Ideal

Weekly Chart

I deserve to Be Happy and Healthy



My Goals

Su	M	T	W	Th	F	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Notes