

GOAL TRACKER!

Choose one goal to focus on each day. When you do it, tick it off! When you've done it every day for a week, give yourself a weekly reward and when you've done it every day for a month, a monthly reward! Pick something you love, but not food related if possible. For example, a massage or an item you've been lusting over instead!

MY DAILY GOAL:

MY WEEKLY REWARD:

MY MONTHLY REWARD:

WEEK ONE

MON	TUES	WED	THURS	FRI	SAT	SUN
✓						

WEEK TWO

MON	TUES	WED	THURS	FRI	SAT	SUN

WEEK THREE

MON	TUES	WED	THURS	FRI	SAT	SUN

WEEK FOUR

MON	TUES	WED	THURS	FRI	SAT	SUN