

Weekly Review for Your Goal

Write your goal:

RECOUNT
ASSESS
PLAN

Fill in to reflect your **current** progress on your goal.

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25% 50% 75% 100%

1. Fill in your lead measures. *Actions or behaviors that are...*
 - Predictive of achieving your goal
 - Within your control and measurable
2. Keep track of each one throughout the week

LEAD MEASURE #1:						
MON	TUE	WED	THUR	FRI	SAT	SUN
LEAD MEASURE #2:						