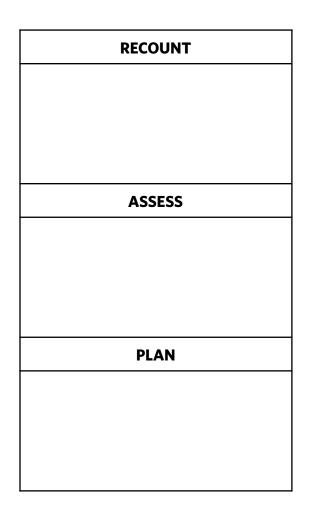
## **Weekly Review for Your Goal**

## Write your goal:



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

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:										

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