



# WEEKLY GOALS!

YOUR NAME \_\_\_\_\_

It takes goals to be successful. And when we set goals, we are more likely to achieve them. We can set goals for more things in our life than selling cookies. We can set goals for everything we want to be successful at.

Write in your goals, choosing from the following categories or make up your own:

**WEEK OF:**

**Eating right**

**Exercising**

**Trying new sports**

**Trying healthy snacks**

**Reducing stress**

**Sharing your feelings**

**MY GOALS:**

<b>MONDAY</b> DATE						
<b>TUESDAY</b> DATE						
<b>WEDNESDAY</b> DATE						
<b>THURSDAY</b> DATE						
<b>FRIDAY</b> DATE						
<b>SATURDAY</b> DATE						
<b>SUNDAY</b> DATE						

Check off your goals after you have done each one!

