

Goal Tracker

How to Use Your Mini Goal Tracker

Choose up to five small goals you'd like to focus on this week. Write them in the goal column, then check off each day you make progress. Use the "Progress Notes" column to capture quick reflections, reminders, or adjustments. At the end of the week, turn to the Reflection page to celebrate wins, notice patterns, and set your top focus for the coming week. Keep it simple—this tool is designed to build momentum through small, consistent steps.

Goal Tracker

Goal	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Progress Notes

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Weekly Reflection

What went well this week?

What challenges did I face?

Mini wins I'm celebrating

What can I improve or adjust next week?

My top focus for next week:
