

# My Goal

NAME \_\_\_\_\_

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On a scale of 0-10 rate how close you are to achieving your goal where 0 is nowhere near and 10 is complete

Today	0	1	2	3	4	5	6	7	8	9	10
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## Goal tracker

I will achieve this by (how will you do this and by when)

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I will measure my progress by

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Things that might get in the way

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I could overcome these by

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Those who can support me to achieve my goal

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.....

week

### Month 1

<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10

### Month 2

<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10

### Month 3

<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	0	1	2	3	4	5	6	7	8	9	10

# MY TRAINING PLAN

My ongoing commitment to myself and my goals are.....

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*I will achieve this by*

*People in my community that will support me*

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*Quotes, sayings, songs, memories that will help me to stay focused*

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***“Just set yourself a goal and try and stick to it, because you’ll always end up better than when you started”.***

***Anthony Joshua***