Goal Setting Toolkit

Four Week Milestones
Week 1:
Week 2:
Week 3:
Week 4:

Weekly Reminders	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	

Big, Hairy, Audacious, Goals
10 Year:
5 Year:
1 Year:
12 week:

Weekly Milestones		
Mon		
Tues		
Wed		
Thurs		
Fri		
Sat		
Sun		

My Goal:
Specific:
Measurable:
Actionable:

Daily Goal

	Specific
	Measurable
	Actionable

	Week	1	2	3	4	5	6	7	8	9	10	11	12	Goal
Goal														
Actual														

48 Minutes
12:
24:
36:
48:

Item	Results													Total