



Goal Setting Worksheet & Weekly Tracker

REGINA
jackson

Goal Setting

TIMELINE

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

GOAL:

FIRST STEPS:

RESOURCES/ NOTES:

- _____
- _____
- _____
- _____

Weekly Tracker

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-------	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

THIS WEEK'S GOALS

01 _____

02 _____

03 _____

EXERCISE

M	T	W	T	F	S	S

HEALTHY HABITS

M T W T F S S

	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MEAL PLAN:

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

THOUGHTS

Weekly Tracker Chart

MONTH: August

	10 MON	11 TUE	12 WED	13 THU	14 FRI	15 SAT	16 SUN
WAKE UP	☀ 9:20 am	☀ 8:40 am	☀ 8:30 am	☀ 8:20 am	☀	☀	☀
MOOD	anxious	okay	grateful	happy!			
ENERGY	low	norm	norm	high			
WATER	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷	🍷🍷🍷🍷🍷🍷🍷
MEALS	LUNCH	bean soup	leftovers	green smoothie			
	DINNER	paella	roast veg	tacos			
	SNACKS	blackberries					
	FIBRE	11 g	20 g	16 g			
EXERCISE	5 min stretch		cardio 45 mins	5 min stretch			
GRATITUDE	bubble baths	furry friends	cosy socks				
MENSTRUAL	bloated	-	headache				
BED TIME	🌙 11 pm	🌙 10:30 pm	🌙 11 pm	🌙	🌙	🌙	🌙
SLEEP (HRS)	8 hours	8 1/2 hours	9 1/2 hours				

Weekly Tracker Chart

MONTH: _____

	MON	TUE	WED	THU	FRI	SAT	SUN
WAKE UP							
MOOD							
ENERGY							
WATER							
MEALS							
BED TIME							
SLEEP (HRS)							