

# Goal Tracker

Goal: \_\_\_\_\_



**BALANCED  
WITH**

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

Each letter in the words above is divided into numbered sections for tracking. The numbers are as follows:

- JANUARY:** J (1-4), A (5-7), N (8-11), U (12-15), A (16-19), R (20-23), Y (24-27)
- FEBRUARY:** F (1-4), E (5-8), B (9-12), R (13-16), U (17-20), A (21-24), R (25-28), Y (29-32)
- MARCH:** M (1-4), A (5-8), R (9-12), C (13-16), H (17-20)
- APRIL:** A (1-4), P (5-8), R (9-12), I (13-16), L (17-20)
- MAY:** M (1-4), A (5-8), Y (9-12)
- JUNE:** J (1-4), U (5-8), N (9-12), E (13-16)
- JULY:** J (1-4), U (5-8), L (9-12), Y (13-16)
- AUGUST:** A (1-4), U (5-8), G (9-12), U (13-16), S (17-20), T (21-24)
- SEPTEMBER:** S (1-4), E (5-8), P (9-12), T (13-16), E (17-20), M (21-24), B (25-28), E (29-32), R (33-36)
- OCTOBER:** O (1-4), C (5-8), T (9-12), O (13-16), B (17-20), E (21-24), R (25-28)
- NOVEMBER:** N (1-4), O (5-8), V (9-12), E (13-16), M (17-20), B (21-24), E (25-28), R (29-32)
- DECEMBER:** D (1-4), E (5-8), C (9-12), E (13-16), M (17-20), B (21-24), E (25-28), R (29-32)