

12 Weeks Action Plan

12 Week Goals

Today's Date: _____

This 12 Weeks will end: _____

I will work on the following goals:

- 1.
- 2.
- 3.

Goal 1: _____ **Tracking** (deadline dates)

Tactics (strategies/ must do to achieve goals)

_____ Date _____

_____ Date _____

_____ Date _____

Goal 2: _____ **Tracking** (deadline dates)

Tactics (strategies/ must do to achieve goals)

_____ Date _____

_____ Date _____

_____ Date _____

Goal 3: _____ **Tracking** (deadline dates)

Tactics (strategies/ must do to achieve goals)

_____ Date _____

_____ Date _____

_____ Date _____

