

# My Goal Chart

Hey y'all! Writing down your goals can be very helpful and often leads to a higher probability of achieving the goals you set. This template has goals for athletics, academics, and personal along with a calendar for you to stay on track!

E.X.

Month: January

Academic Goal: Get an A on my history test

Week 1:

Academic Goal:

- ☒ Create flashcards to study terms

Week 2:

- ☒ Study terms 15min each night

Week 3:

- ☒ Have a friend quiz me three times during the week

Week 4:

- ☒ Find a practice test online and complete it before the test

Month: \_\_\_\_\_

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

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

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

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Week 1 (First step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 2 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 3 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 4 (Final step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Reflection:

Did I reach my goal? If so, what did I learn while taking the steps to reach it? If not, how will I change my steps to achieve it next time?

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Month: \_\_\_\_\_

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

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

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

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Week 1 (First step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 2 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 3 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 4 (Final step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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

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

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

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Week 1 (First step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 2 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Academic Goal:

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Athletic Goal:

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

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

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

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Week 1 (First step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Week 2 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:

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Personal Goal:

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Week 4 (Final step to reach goal):

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Athletic Goal:

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Personal Goal:

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

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Week 1 (First step to reach goal):

Academic Goal:

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Athletic Goal:

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Personal Goal:



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Week 2 (Next step to reach goal):

Academic Goal:

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Athletic Goal:

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