

MY GOAL PLANNER

YEAR :

GOAL #1

START DATE:

GOAL #2

END DATE:

MOTIVATION





CHANGED BEHAVIOR:

PROGRESS TRACKER 0% 100%

BEHAVIOR TRACKER
WEEK #1
WEEK #2
WEEK #3
WEEK #4
GOAL MET?

BEHAVIOR TRACKER
WEEK #1
WEEK #2
WEEK #3
WEEK #4
GOAL MET?

SMALL STEPS LEAD TO BIG CHANGES



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SMALL STEPS LEAD TO BIG CHANGES

MY GOAL PLANNER

YEAR :

GOAL #1

Reduce spending in eating out by \$25 a week.

GOAL #2

Identify unused monthly subscriptions

START DATE: *June 1*

END DATE: *June 30*

MOTIVATION

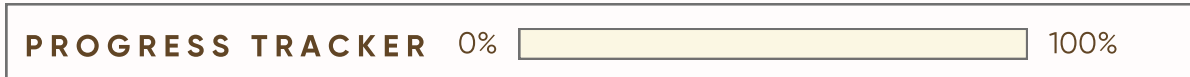
► *Spend less money on eating out. Eat healthier.*

► *Cancel subscriptions that are not used regularly*

CHANGED BEHAVIOR:

- Define 2 days of the week to make lunch*
- One less cocktail at dinner*

- List all subscriptions paid for monthly*
- Track use on a weekly basis*



BEHAVIOR TRACKER	
WEEK #1	<i>Skipped cocktails on Friday</i>
WEEK #2	<i>Made lunch on Wed/Fri</i>
WEEK #3	<i>Purchased ready made meals.</i>
WEEK #4	<i>Passed on weekly Happy Hour</i>
GOAL MET?	<i>YES! Spent \$25-70 less weekly compared to last month</i>

BEHAVIOR TRACKER	
WEEK #1	<i>Zero use- Netflix, Gym</i>
WEEK #2	<i>Zero use- Netflix. Most used- Hulu</i>
WEEK #3	<i>Zero use- PS5, Netflix. Most used- Hulu</i>
WEEK #4	<i>Zero use- PS5, Netflix Most used- Gym</i>
GOAL MET?	<i>Yes. Will cancel Netflix.</i>