

### Figure 7.8b Individual Goal Setting

My goal(s) for this semester are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

To accomplish this I will need to:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

So this week I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Checkpoint: On a scale of 0 – 5, how did I do on my goals for this week?

	Monday	Tuesday	Wednesday	Thursday	Friday
Goal 1					
Goal 2					
Goal 3					