



I CAN DO IT!



Goals: (write a new goal for each week then track it on the chart below)

1. _____
2. _____
3. _____
4. _____
5. _____



Rewards: (decide a reward or each week, if you reach your goal)

1. _____
2. _____
3. _____
4. _____
5. _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35