

## Goal Sheet

My Big Goal Is:

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My SMART Goal Is:

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My Milestones Are:

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 4: \_\_\_\_\_

Week 5: \_\_\_\_\_

Week 6: \_\_\_\_\_

Week 7: \_\_\_\_\_

Week 8: \_\_\_\_\_