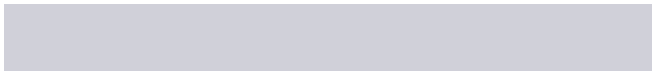


_____ the Goal _____



Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____
2 _____
3 _____
4 _____
5 _____

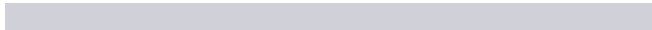
_____ Milestones _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ Reflection _____



_____ Victory _____





the Goal

Grey shaded box for goal description

Start:

Due:

Motivation

Lines for motivation text

Steps

Numbered steps 1-5 with lines for notes

Milestones

Lines for milestones

Reflection

Lines for reflection



Victory

Grey shaded box for victory notes

Goal & STEPS 

_____ the Goal _____

Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____
2 _____
3 _____
4 _____
5 _____

_____ Milestones _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ Reflection _____



_____ Victory _____



Goal \$ STEPS

_____ the Goal _____

Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

_____ Milestones _____

_____ Reflection _____



_____ Victory _____

_____ the Goal _____



Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____
2 _____
3 _____
4 _____
5 _____

_____ Milestones _____ Reflection _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



_____ Victory _____



 Goal & STEPS

the Goal

Start:

Due:

Motivation

Steps

1

2

3

4

5

Milestones

Reflection

<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
--	--



Victory

_____ the Goal _____

Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____
2 _____
3 _____
4 _____
5 _____

_____ Milestones _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ Reflection _____



_____ Victory _____



Goal & STEPS

the Goal

Start:

Due:

Motivation

Steps

1

2

3

4

5

Milestones

Reflection



Victory

_____ the Goal _____



Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

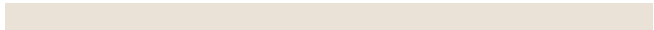
1 _____
2 _____
3 _____
4 _____
5 _____

_____ Milestones _____ Reflection _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



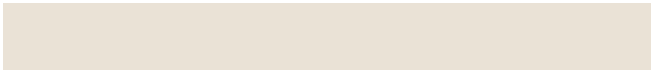
_____ Victory _____





Goal \$ STEPS

_____ the Goal _____



Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____

2 _____

3 _____

4 _____

5 _____

_____ Milestones _____ Reflection _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



_____ Victory _____



_____ the Goal _____

Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1 _____
2 _____
3 _____
4 _____
5 _____

_____ Milestones _____

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ Reflection _____



_____ Victory _____



Goal \$ STEPS

_____ the Goal _____



Start: _____ Due: _____

_____ Motivation _____

_____ Steps _____

1

2

3

4

5

_____ Milestones _____

_____ Reflection _____



_____ Victory _____

