Goal check-in

Colour how far you have come, then choose what to do next.

Name _____ Date _____

Goal 1

My goal: _____

Not started	Started	Halfway	Done!

What is working: _____

What I will change: _____

☐ **Keep going** ☐ **Change the plan** ☐ **Set a new goal**

Goal 2

My goal: _____

Not started	Started	Halfway	Done!

What is working: _____

What I will change: _____

☐ **Keep going** ☐ **Change the plan** ☐ **Set a new goal**

Goal 3

My goal: _____

Not started	Started	Halfway	Done!

What is working: _____

What I will change: _____

☐ **Keep going** ☐ **Change the plan** ☐ **Set a new goal**

Next check-in date: _____