

# GOAL TRACKER

MY GOAL:

JANUARY 2026

| SUN            | MON            | TUE            | WED            | THU            | FRI            | SAT            |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| <div>☐</div>   | <div>☐</div>   | <div>☐</div>   | <div>☐</div>   | <div>1☐</div>  | <div>2☐</div>  | <div>3☐</div>  |
| <div>4☐</div>  | <div>5☐</div>  | <div>6☐</div>  | <div>7☐</div>  | <div>8☐</div>  | <div>9☐</div>  | <div>10☐</div> |
| <div>11☐</div> | <div>12☐</div> | <div>13☐</div> | <div>14☐</div> | <div>15☐</div> | <div>16☐</div> | <div>17☐</div> |
| <div>18☐</div> | <div>19☐</div> | <div>20☐</div> | <div>21☐</div> | <div>22☐</div> | <div>23☐</div> | <div>24☐</div> |
| <div>25☐</div> | <div>26☐</div> | <div>27☐</div> | <div>28☐</div> | <div>29☐</div> | <div>30☐</div> | <div>31☐</div> |

## PROGRESS TRACKER



## REWARDS

☐

☐

☐

# GOAL TRACKER

MY GOAL:

FEBRUARY 2026

| SUN                                                                                                       | MON                                               | TUE                                               | WED                                               | THU                                               | FRI                                               | SAT                                               |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|---------------------------------------------------|
| <div>1</div> <div><input type="checkbox"/> WRITING CONNECTIONS, 3:30-5:30 CTM, FALL CONFERENCE ROOM</div> | <div>2</div> <div><input type="checkbox"/></div>  | <div>3</div> <div><input type="checkbox"/></div>  | <div>4</div> <div><input type="checkbox"/></div>  | <div>5</div> <div><input type="checkbox"/></div>  | <div>6</div> <div><input type="checkbox"/></div>  | <div>7</div> <div><input type="checkbox"/></div>  |
| <div>8</div> <div><input type="checkbox"/></div>                                                          | <div>9</div> <div><input type="checkbox"/></div>  | <div>10</div> <div><input type="checkbox"/></div> | <div>11</div> <div><input type="checkbox"/></div> | <div>12</div> <div><input type="checkbox"/></div> | <div>13</div> <div><input type="checkbox"/></div> | <div>14</div> <div><input type="checkbox"/></div> |
| <div>15</div> <div><input type="checkbox"/></div>                                                         | <div>16</div> <div><input type="checkbox"/></div> | <div>17</div> <div><input type="checkbox"/></div> | <div>18</div> <div><input type="checkbox"/></div> | <div>19</div> <div><input type="checkbox"/></div> | <div>20</div> <div><input type="checkbox"/></div> | <div>21</div> <div><input type="checkbox"/></div> |
| <div>22</div> <div><input type="checkbox"/></div>                                                         | <div>23</div> <div><input type="checkbox"/></div> | <div>24</div> <div><input type="checkbox"/></div> | <div>25</div> <div><input type="checkbox"/></div> | <div>26</div> <div><input type="checkbox"/></div> | <div>27</div> <div><input type="checkbox"/></div> | <div>28</div> <div><input type="checkbox"/></div> |

## PROGRESS TRACKER



## REWARDS

☐

☐

☐