Date:

Goal: _____

	Completed
1. _____	☐
2. _____	☐
3. _____	☐
4. _____	☐
5. _____	☐
6. _____	☐
7. _____	☐
8. _____	☐
9. _____	☐
10. _____	☐
11. _____	☐
12. _____	☐
13. _____	☐
14. _____	☐
15. _____	☐

Total Possible Checks: ☐   **Total Achieved Checks:** ☐