



Name: _____

Date: _____

Summer Goal

Instructions: Without a plan, it's easy to spend summer slinking from couch to computer, with regular stops at the fridge. So beat summertime doldrums by setting a specific, healthy goal. Maybe you want to train for a race, become a Red Cross-certified babysitter, set a personal sit-up record, or read a book a week. Ask yourself what you need to do to reach your goal. Break it down into steps. For example, instead of saying "Practice tennis," say "I'll play tennis for 1 hour on Monday, Wednesday, and Saturday mornings." Use the calendar to chart your progress.

My Goal: _____

Steps I'll take to reach my goal:

1: _____

2: _____

3: _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							