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| --- | --- | --- | --- | --- |
|  | | **Day 1** | **Day 2** | **Day 3** |
|  |  | *Date:* Enter day 1 date | *Date:* Enter day 2 date. | *Date:* Enter day 3 date. |
| 1. **Plan** | *What are my goals today?*  *List in order of priority.* | Enter today’s goals | Enter day 2 goals | Enter day 3 goals |
| 1. **Do** | *Check off goals above as met.*  *Include notes on this row.* | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| 1. **Reflect** | *What went well today?* | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| *What didn’t?* | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
| *What did I learn?* | Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |

Goal Tracker