



MY GOAL

GYM 5 TIMES PER WEEK

A simple goal to use that membership & show up 5 times each week this month.

NOTES:

SUGGESTED GOAL PAIRINGS: Track Progress - Drink Water - Eat Healthy

PROGRESS: For every day you go to the gym, color in the box.

A calendar-style progress tracker for the goal "GYM". It has a blue header with the word "GYM" in white. Below the header is a grid of 20 boxes arranged in 4 rows and 5 columns. The first column of each row is labeled "WEEK 1", "WEEK 2", "WEEK 3", and "WEEK 4" respectively. The other five columns in each row are numbered 1 through 5. The grid is designed for users to color in the boxes to track their progress.

GYM					
WEEK 1	1	2	3	4	5
WEEK 2	1	2	3	4	5
WEEK 3	1	2	3	4	5
WEEK 4	1	2	3	4	5