

# Two Week Goals

**Activity Goals:** \_\_\_\_\_

\_\_\_\_\_

Comments: \_\_\_\_\_

**Nutrition Goals:** \_\_\_\_\_

Comments \_\_\_\_\_

**Stress Goals:** \_\_\_\_\_

Comments: \_\_\_\_\_

**Other:** \_\_\_\_\_

\_\_\_\_\_

## Glasses of Water

S		M		T		W		T		F		S		S		M		T		W		T		F		S	
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**Activity** **%**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Sun	Mon	Tue	Wed	Thur	Fri	Sat	

**Nutrition** **%**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Sun	Mon	Tue	Wed	Thur	Fri	Sat	

**Rest/Stress** **%**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Sun	Mon	Tue	Wed	Thur	Fri	Sat	

**Other** **%**

Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Sun	Mon	Tue	Wed	Thur	Fri	Sat	

**Progress Toward Goals:**