**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tracking Progress Sheet**

**Only you will decide if anyone else sees this sheet**

**GOAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Great** |  |  |  |  |  |  |  |  |  |  |
| **Good** |  |  |  |  |  |  |  |  |  |  |
| **Okay** |  |  |  |  |  |  |  |  |  |  |
| **Little** |  |  |  |  |  |  |  |  |  |  |
|  | **1st****Wk** | **2nd****Wk** | **3rd****Wk** | **4th****Wk** | **5th****Wk** | **6th****Wk** | **7th****Wk** | **8th** **Wk** | **9th****Wk** | **10th****Wk** |

**GOAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Great** |  |  |  |  |  |  |  |  |  |  |
| **Good** |  |  |  |  |  |  |  |  |  |  |
| **Okay** |  |  |  |  |  |  |  |  |  |  |
| **Little** |  |  |  |  |  |  |  |  |  |  |
|  | **1st****Wk** | **2nd****Wk** | **3rd****Wk** | **4th****Wk** | **5th****Wk** | **6th****Wk** | **7th****Wk** | **8th** **Wk** | **9th****Wk** | **10th****Wk** |