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

**Tracking Progress Sheet**

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

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

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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