

GOAL CHART FOR ADULTS

01

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

02

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

03

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

04

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

05

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

06

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

07

GOALS:

PROGRESS

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%