

LIFE

My goal: *run a half marathon*

Why I want to achieve this: *To prove to myself I can be motivated, committed and dedicated to improving my running fitness.*

When I want to achieve it by: *November 20, 2017 (date of Half Marathon)*

Who (or what) do I need to help me achieve it:

- My sister to hold me accountable
- Fitbit & running app to track my training

How can my friends help me: They will support me, hold me accountable and cheer me on

Steps to achieve goal:

1. *Plan out when, where and how long I will run for*
2. *Invest in new pair of running shoes*
3. *Download running app on my phone*
4. *Put post it note reminders on my room*
5. *Track and measure my training on the app*

Method of tracking goal: *Fitbit app*

Reward for achieving this goal: *buying new running and exercise gear! Plus feeling motivated, happy and a sense of achievement.*

STUDY

My goal: _____

Why I want to achieve this:

When I want to achieve it by: _____

Who (or what) do I need to help me achieve it:

How can my friends help me:

Steps to achieve goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Method of tracking goal:

Reward for achieving this goal:

FUTURE

My goal: _____

Why I want to achieve this:

When I want to achieve it by: _____

Who (or what) do I need to help me achieve it:

How can my friends help me:

Steps to achieve goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Method of tracking goal:

Reward for achieving this goal:

LIFE

STUDY

FUTURE

My goal: _____

Why I want to achieve this:

When I want to achieve it by:

Who (or what) do I need to help me achieve it:

How can my friends help me:

Steps to achieve goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Method of tracking goal:

Reward for achieving this goal:

My goal: _____

Why I want to achieve this:

When I want to achieve it by:

Who (or what) do I need to help me achieve it:

How can my friends help me:

Steps to achieve goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Method of tracking goal:

Reward for achieving this goal:

My goal: _____

Why I want to achieve this:

When I want to achieve it by:

Who (or what) do I need to help me achieve it:

How can my friends help me:

Steps to achieve goal:

1. _____
2. _____
3. _____
4. _____
5. _____

Method of tracking goal:

Reward for achieving this goal:

