Goal Follow up and New Goal

My Goal	
My Goal	
I am meeting my goal completely	
I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
My Goal	
I am meeting my goal completely	
I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
My Goal	
I am meeting my goal completely	
I meet my goal most of he time	
Sometimes I meet my goal	
I am not working on my goal	
This week I will:	(What)
	(How much)
	(When)
-low confident are you that you can do your plan? Sco	(How often)
	(14/1+)
	(Llaw much)
	(When)
	(How often)
low confident are you that you can do your plan? Sco	

.

This product was developed by the Galveston: Take Action project at the Galvestion County Health District in Texas City, TX with support from the Robert Wood Johnson Foundation® in Princeton, NJ.