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|  | Sun | Mon | Tues | Wed |  Thurs | Fri | Sat |
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| 1. pm -
2. mid
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| 12 mid -1 am |  |  |  |  |  |  |  |

What are some of your goals for this week?

*SMART Goals – Specific, Measurable, Achievable, Realistic and Time Bound****)***

What went well this week?

What didn’t go well this week?

What are some changes you want to make for next week?