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