

Name _____

fit Goal Tracker

Think of a *fit* goal you'd like to achieve. Write it on the lines to the left. In each pillar, write or draw how you will achieve your goal and overcome the obstacles that get in your way.

My Goal: _____

The form consists of five vertical pillars of increasing height from left to right, each outlined in yellow. To the left of the first pillar are three horizontal lines for writing the goal. The pillars are intended for writing or drawing strategies to achieve the goal and overcome obstacles.

