

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 what you will do to achieve your goal.

My Goal: _____

Four vertical pillars of increasing height, outlined in purple, arranged in a row from left to right. Each pillar is a rounded rectangle. The first pillar is the shortest, the second is taller, the third is taller still, and the fourth is the tallest. They are intended for writing or drawing actions to achieve the goal.