

Track Your Weekly Goals



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Use the table to track your weekly goals. This will help you move forward in making changes that last. You are encouraged to fill one out each time that you come to class so that you have a plan for the next week.

Please visit go.osu.edu/pted3364 if you would like to print more copies of this form.

My goals for the week:			
How confident are you that you will meet these goals?	Circle the number on the scale between 0 and 10 where 0 = Not Confident and 10 = Very Confident .		
	0	1	2
	3	4	5
	6	7	8
	9	10	
	Not Confident		Very Confident
Day of the Week	Scheduled Goal(s)	Did you complete?	Comments
Sunday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Monday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Tuesday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Wednesday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Thursday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Friday		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Saturday		<input type="checkbox"/> Yes <input type="checkbox"/> No	