

See Goal Pack (page 4)

# Goal Planning Sheet

**MY GOAL:**

See Goal Pack (page 5)

## Steps to Success

**Daily**

**Weekly**

**Monthly**

**Other**

EQUINOX  
Goal Club

# MY GOAL:

See Goal Pack (page 6)

## 12 Week Planner

<b>Week 1</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 2</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 3</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 4</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>R E V I E W</b>
<b>Week 5</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 6</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 7</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 8</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>R E V I E W</b>
<b>Week 9</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 10</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 11</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>Week 12</b> <b>Mini Goal</b>  <b>Main Steps to Success this week</b>	<b>R E V I E W</b>

**MY GOAL:**

See Goal Pack (page 7)

**Weekly Plan**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

