

Consistency Tracker



Use this to plan your goals and tie them to your motivators. Then use your reflections to make improvements. Complete weekly to aid your progress.

Date _____

Plan

What are the top 3 goals that I want to accomplish this week?

1 _____

2 _____

3 _____

Why is each goal important to me?

1 _____

2 _____

3 _____

When I accomplish these goals I will reward myself by:

Check each day that you complete your goal:

	1	2	3
Sunday	☐	☐	☐
Monday	☐	☐	☐
Tuesday	☐	☐	☐
Wednesday	☐	☐	☐
Thursday	☐	☐	☐
Friday	☐	☐	☐
Saturday	☐	☐	☐



Review & Improve

What tasks did I complete consistently this week?

What obstacles got in the way?

What helped me stay on track?

How can I adjust for next week?

