

MY QUARTERLY GOAL

DOMAIN

DATES

.....

GOAL

.....

.....

.....

HOW THIS GOAL GLORIFIES GOD

.....

.....

.....

WAYPOINTS

MILESTONES OR PROJECTS THAT WILL HELP YOU REACH THIS GOAL

1
.....

2
.....

3
.....

HABIT

IMPLEMENTATION INTENTION

.....
BEHAVIOR

.....
TIME

.....
LOCATION

STROKES

(30 MINUTES = 1 STROKE, 60 MINUTES = 2 STROKES)

WEEK #	DATE	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									

TOTAL FOR THE QUARTER