



# QUARTER CHECKUP

## ORIGINAL GOAL

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## PROGRESS

- MOTIVATION     ● ● ● ● ●
- CONSISTENCY    ● ● ● ● ●
- ACCOUNTABILITY ● ● ● ● ●
- REWARDS        ● ● ● ● ●

## WHY DID YOU CHOOSE YOUR ORIGINAL GOAL?

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## IS IT STILL THE GOAL YOU WANT FOR 2018?    YES    NO

● EXPECTATIONS

WHAT?

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● HOW?

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● WHEN?

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## RESOURCES

WHAT RESOURCES ARE YOU/ COULD YOU UTILIZE?

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## REWARDS

WHAT REWARDS DO YOU HAVE IN PLACE?

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