Goal

Step 4. Benefits			Track %
			100 90 80 70 60 50 40 30
Step 5. Specify	Size	Actual	
Color	Style	Difference (**Action Focus**)	
Model/Yr	Weight		
Step 6. Small steps (where applicable, break goal down into bite-size measurements)			
Start Date	Achievement Date	Difference days/wk/mth	
Per min	Per day	Per month	
Per hour	Per week	Per year	

Step 7. Possible obstacles

Step 8. Action list (people involved, tools needed, things to buy, etc.) S = Sub goal

Order	Action	S	✓	Cost	Time

Step 9. Commitment (consider total cost, time, and balance) Total

Balance – W I S H L I S T (circle no more than two)

Commitment date

Step 10. Notes/Tracking

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