I will achieve my goals for my health and my happiness!

Wook of	imes per veek	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Achieved?
Goal #1									
Reward									
Punshiment									
Goal #2									
Reward									
Punshiment									
Goal #3									
Reward									
Punshiment									
Goal #3									
Reward									
Punshiment									
Goal #5									
Reward									
Punshiment									