

Do it Diary – Week _____

My Goals

Date: _____

This week, I will: (be specific about when you'll do it, how long for and who you'll do it with)

Things that might get in the way of achieving my goals are:

I will overcome these things by:

When I achieve my goals, I will reward myself by:

My achievements

When	What	Who with?	How long?	How I felt
Monday 10am	Walked the block	My neighbour	10 minutes	I felt good

What went well this week? (however small you might think it is)

What was difficult this week?

What can I do differently next week?
