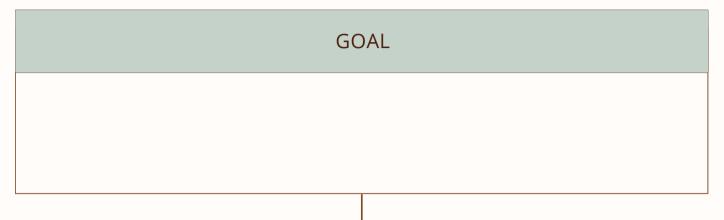
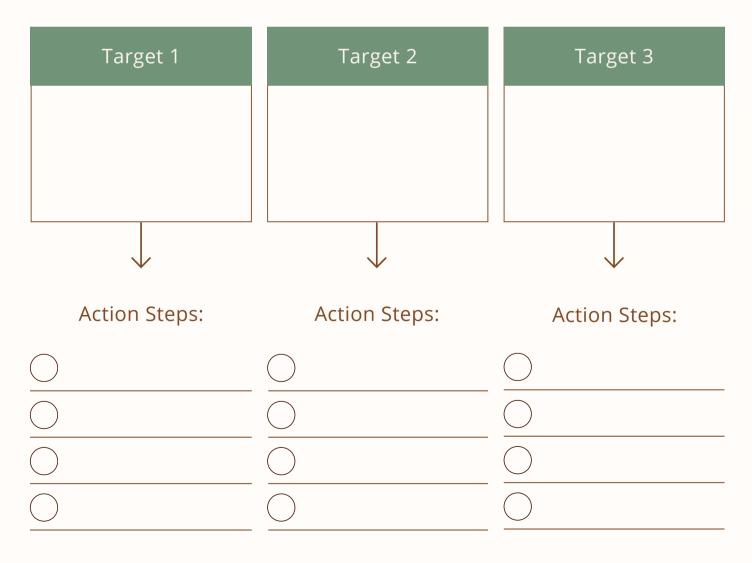


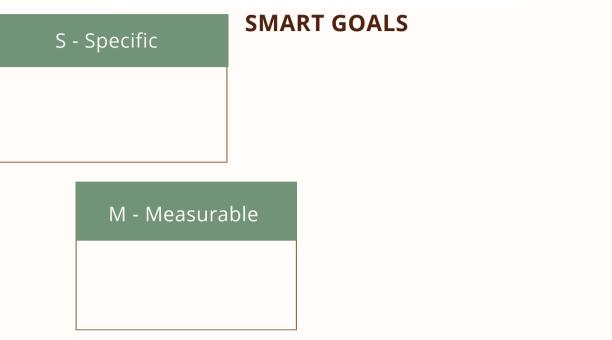
## **GOAL TRACKER**



## Break down your goal into 3 simple targets:







A- Achievable

Target 3

R - Relevant

## T - Time bound