

BUSYMOMSMARTMOM.COM

WEEKLY goals

| MONDAY | SATURDAY |
|-----------|----------|
| | |
| TUESDAY | |
| | |
| WEDNESDAY | |
| | SUNDAY |
| THURSDAY | |
| | |
| FRIDAY | |
| | |

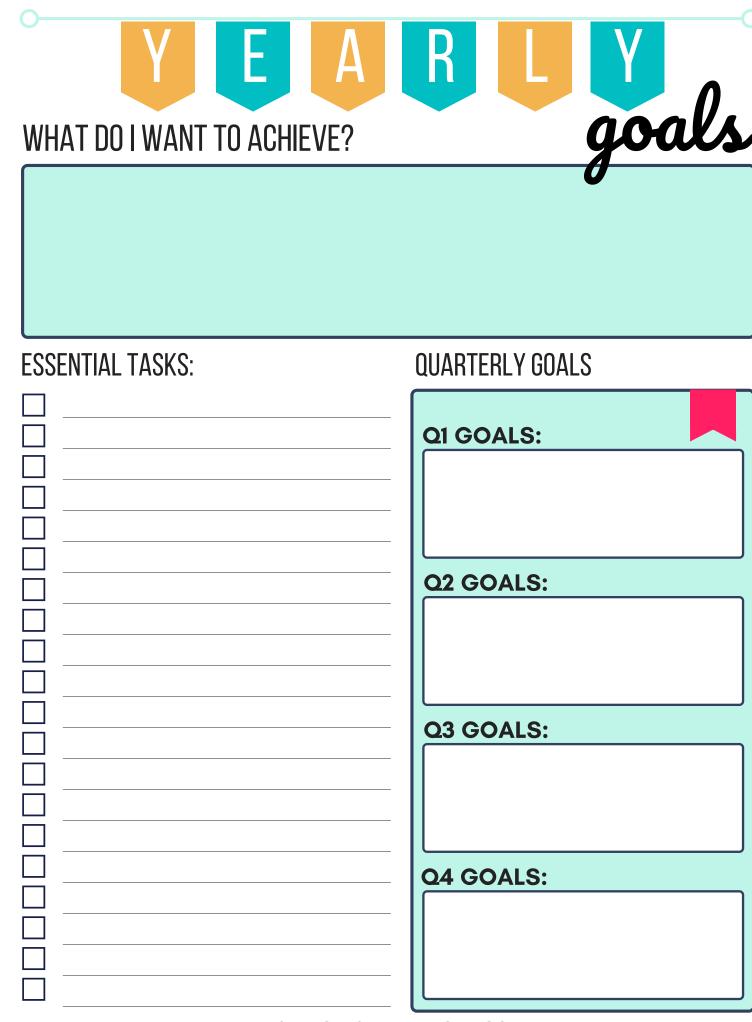


YEARLY goals

| JANUARY |
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| FEBRUARY |
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| |
| MARCH |
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| APRIL |
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| |
| MAY |
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| JUNE |
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YEARLY goals

| JULY |
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| AUGUST |
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| SEPTEMBER |
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| OCTOBER |
| |
| NOVEMBER |
| |
| DECEMBER |
| |



S.M.A.R.T goals

My goal is: **SPECIFIC ACTION STEPS MEASUREABLE ACHIEVABLE RELEVANT TIMELY**

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MY BIG GOALS

| Start Date: | Deadline: |
|-------------|-----------|
| Goals | Why |
| | |
| | |
| | |
| Action Plan | What |
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