



NAME:

DATE:

**End of Week 1**

## GOAL LOG

Use this log to track your progress. If you have set daily goals, use the log daily; if you have set weekly goals, use the log weekly. If you need inspiration, there are sample goal logs provided after the blank logs.

Target Behavior	Date(s)	Goal	Goal Achieved?	What Happened?	New Strategy/ New Goal

NAME:

DATE:

# **WEEKLY BEHAVIOR CHANGE EVALUATION**

**Week 1**

This worksheet will allow you to keep track of where you are in your behavior change project on a weekly basis.

**DIRECTIONS:** Answer the following questions for each week of your behavior change project, and be sure to save them for your final evaluation of the entire project.

1. What was your goal for this behavior change project?

2. What was your goal for the week?

3. Did you keep a journal of your behavior?

4. What did your journal reveal about your behavior?

5. What other observations did your partner or instructor see in your journal?

6. Did you achieve your weekly goal? Did you give yourself a reward for success?

7. What contributed to your success or failure?

8. What goal will you set for next week?

9. How will you reward yourself next week?

10. What are you learning about yourself with this self-management project?