

- 1. What are you going to do?
- 2. How much are you going to do?
- 3. When are you going to do it?
- 4. How often are you going to do it?
- 5. How sure are you that you will do this?

Example: This week I will (1) walk (2) to the park and back (3) before lunch (4) three times.

My plan: This week I will	(1)
	(2)
	(3)
	(4)
	(5)

Use this space to log how you are doing:

Monday	
Tuesday	
Wednesday	-
Thursday	
Friday	
Saturday	

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Sunday\_\_\_\_\_