

## My Target

**What** \_\_\_\_\_

**How Much** \_\_\_\_\_

**When** \_\_\_\_\_

**How Often** \_\_\_\_\_

**Confidence Level** \_\_\_\_\_

(0 = no confidence; 10=totally confident)

## Results

<u>Date</u>	<u>Comments</u>
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1

2

3

4

5

## Lessons

**What I Learned** \_\_\_\_\_

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\_\_\_\_\_