

Progress made towards my goal. 1 = I am just getting started, 10 = I have made it!

Remember progress is the most important thing!

First session: 1 2 3 4 5 6 7 8 9 10

Review: 1 2 3 4 5 6 7 8 9 10

Last session: 1 2 3 4 5 6 7 8 9 10

Name ……………………………………………………………………….date set……………………………………….date reviewed…………..![C:\Users\laurie.potter\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MFM6C84X\Actitud_positiva_happy_face-300x258[1].jpg]()

Date achieved……………………………………………………………