

Set a goal for each month. If possible, also give yourself a minimum goal (in case things go badly) and a stretch goal (in case they go well)!

JANUARY	JULY
MINIMUM:	MINIMUM:
STRETCH:	STRETCH:
FEBRUARY	AUGUST
MINIMUM:	MINIMUM:
STRETCH:	STRETCH:
MARCH	SEPTEMBER
MINIMUM:	MINIMUM:
STRETCH:	STRETCH:
APRIL	OCTOBER
APRIL MINIMUM:	OCTOBER MINIMUM:
MINIMUM:	MINIMUM:
MINIMUM: STRETCH:	MINIMUM: STRETCH:
MINIMUM: STRETCH:	MINIMUM: STRETCH: NOVEMBER
MINIMUM: STRETCH: MAY MINIMUM:	MINIMUM: STRETCH: NOVEMBER MINIMUM:

STRETCH:

STRETCH: