

Goals and Rewards System

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What do you want to accomplish?

Example: By May 31, 2016 I will have worked out at the gym at least three times per week for a total of 60 minutes each because I want to be more active. I will reward myself with two scoops of gelato at the end of the month.

Goal	Action Plan	Reward
By _____ I will have _____ because _____.	To accomplish my goal I will.... 1. 2. 3.	I will reward myself with...
By _____ I will have _____ because _____.	To accomplish my goal I will.... 1. 2. 3.	I will reward myself with...
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