Built To Conquer

WEEKLY GOAL SETTING

@pauldickinsoncoaching

WEEKLY GOAL SETTING & HABIT TRACKER

Date:

Week No:

My long term goal is:

My top 3 goals for this week (eg. run 5km in <30 mins on Tuesday, complete all workouts, meal prep on Sunday etc):

1

2

3

Obstacles that might come up:

How I plan to respond to each obstacle:

Daily Habit Tracker (10k steps, track calories, hit protein targets, 2-3 litres of water, 7 hours sleep, 5 portions of fruit and veg etc):

	M	T	W	T	F	S	S
1							
2							
3							
4							
5							

MONDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

TUESDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

WEDNESDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

THURSDAY

Morning Priority Tasks	5am
	6am
	7am
	8am
	9am
	10am
	11am
Afternoon Priority Tasks	12pm
	1pm
	2pm
	3pm
	4pm
	5pm
What time do you plan to train?	6pm
What time do you plan to get your steps in?	7pm
What obstacles/challenges could you face today?	8pm
	9pm

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

FRIDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

SATURDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

SUNDAY

Morning Priority Tasks

Afternoon Priority Tasks

What time do you plan to train?

What time do you plan to get your steps in?

What obstacles/challenges could you face today?

Daily Review (what went well, what could you improve on?

Rate your day out of 10 and give your reason why

Time	
5am	
6am	
7am	
8am	
9am	
10am	
11am	
12pm	
1pm	
2pm	
3pm	
4pm	
5pm	
6pm	
7pm	
8pm	
9pm	

WEEKLY REVIEW

What went well this week?

What didn't go to plan?

What can you do to make next week even better?

What is your weekly rating? (out of 70)

What is your target rating for next week?

Miscelaneous notes