

## 4-WEEK FAST TRACK GOAL AGREEMENT

### LONG-TERM GOALS KEEP THE END IN MIND.

At the end of 28 days, my **long-term** goal is: \_\_\_\_\_

\_\_\_\_\_ by: \_\_\_\_\_

After completion of my goal, my reward will be: \_\_\_\_\_

### SHORT-TERM GOALS BUILD MOMENTUM AND LEAD TOWARD LONG-TERM ONES.

My **short-term** goal for Week 1 is: \_\_\_\_\_

\_\_\_\_\_ by: \_\_\_\_\_

After completion of my goal, my reward will be: \_\_\_\_\_

My **short-term** goal for Week 2 is: \_\_\_\_\_

\_\_\_\_\_ by: \_\_\_\_\_

After completion of my goal, my reward will be: \_\_\_\_\_

My **short-term** goal for Week 3 is: \_\_\_\_\_

\_\_\_\_\_ by: \_\_\_\_\_

After completion of my goal, my reward will be: \_\_\_\_\_

My **short-term** goal for Week 4 is: \_\_\_\_\_

\_\_\_\_\_ by: \_\_\_\_\_

After completion of my goal, my reward will be: \_\_\_\_\_

***These goals are important to me and believe I can achieve them.***

Signed: \_\_\_\_\_ Date: \_\_\_\_\_