**Weekly Goal Setting and Assessment Template**

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| --- | --- | --- | --- |
| **Date** | **Week Number** |  |  |
| MM/DD/YY | 4 |  |  |
|  |  |  |  |
| Weekly Goals |  |  |  |
| **Goal** | **Category** | **Priority** | **Status / Progress** |
|   |   | **High** |   |
|   |   | **Medium** |   |
|   |   | **Low** |   |
|   |   |  |   |
|   |   |  |   |
|   |   |  |   |
|  |  |  |  |
| Assessment |  |  |  |
| **How Successful Were you This Week?** |
|  |
| **What Prevented you from Reaching your Goals?** |
|  |
| **What Solutions can be Developed for Overcoming Obstacles?** |
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|  |  |  |  |
| Additional Notes |  |  |  |
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