

Monthly Distance Report

Goal # ____

Current date:

Progressing: *Results I achieved this month*

Rewarding: *Is there a treat for myself this month?
What is my next stop for a reward?*

Planning: *My steps for next month's journey*

Scheduling: *Dates booked on my calendar*

Notes: *What was my month like?
Does my goal need to be modified in any way?*