

PTKIT

**WEEKLY
GOAL
PLANNING**

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

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

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

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

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

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

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

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?

Miscellaneous notes