

Month of: _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

PERSONAL GOALS

WORK GOALS

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

Age Group	Percentage
18-24	10%
25-34	10%
35-44	15%
45-54	15%
55-64	15%
65+	35%

Age Group	Percentage
18-24	25%
25-34	20%
35-44	15%
45-54	10%
55-64	5%
65+	2%

Age Group	Percentage
18-24	10
25-34	15
35-44	20
45-54	25
55-64	30

[illegible]

[illegible]