

MY GOAL PROGRESS JOURNAL

Use your 10-week journal to write down your journey each week and keep track of your successes. This will help you reach your current goal to:



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

	Plan for the week. For example: "I'm going to go to bed before 10pm on at least 3 nights."	What might get in the way? For example: "I tend to scroll through social media before bed."	How will I overcome what might get in the way? For example: "I'll set a reminder to stop looking at my phone at 9pm."	What I did. For example: "I got to bed by 10pm on 4 nights this week."	How did I feel afterwards? For example: "I felt less tired and had more energy."
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					