



Resolution Tracker

MONTH: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

GOAL DESCRIPTION

BEHAVIOR (WHAT WILL YOU DO TO MOVE TOWARD YOUR GOAL?)

PROGRESS (HOW DO YOU DEFINE PROGRESS?)

KEEP GOAL IN 2025 OR TWEAK? HOW WOULD I CHANGE IT?
