

Task Planning & Achievement Record

Task or Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Task Planning & Achievement Record

Task or Goal	M	T	W	T	F	S	S	M	T	W	T	F	S	S

Task Planning & Achievement Record

Task or Goal	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

Task Planning & Achievement Record

Task or Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Exercise for 20 minutes</i>	✓		✓	✓		✓	
<i>Cook a healthy meal for myself</i>	✓	✓	✓			✓	
<i>Do 10 minutes of tidying the house</i>		✓		✓	✓	✓	
<i>30 mins of job searching</i>	✓	✓					
<i>Contact a friend</i>			✓		✓		