



YOUR WEEKLY GOALS



GOAL	
1	
S	
M	
A	
R	
T	

GOAL	
2	
S	
M	
A	
R	
T	

GOAL	
3	
S	
M	
A	
R	
T	

Specific | Measurable | Attainable | Relevant | Timely

SOUL PERFORMANCE ACADEMY



MONTH:

YEAR:

DATES

PROCESS GOALS, HABITS AND ACTIVITIES	GOAL	M	Tu	W	Th	F	Sa	Su	Total
1.									
2.									
3.									
4.									
5.									
6.									

OBSTACLES TO AVOID THIS WEEK

WEEKLY GOAL RECAPS

LIST YOUR WEEKLY GOALS

WEEKLY RECAP

THREE WORDS TO SUM UP YOUR WEEK

WEEK RATING

MENTAL STATE

PHYSICAL STATE

EMOTIONAL STATE

GOALS ON TRACK

1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10
1	2	3	4	5	6	7	8	9	10

BIG WIN OF THE WEEK

LESSON OF THE WEEK