

Personal Goal Tracking

My Practice Goals for the Week of: _____

1. _____
2. _____
3. _____
4. _____
5. _____

This is when I will practice my goals:

	Time	Place	Minutes
Monday	_____	_____	_____
Tuesday	_____	_____	_____
Wednesday	_____	_____	_____
Thursday	_____	_____	_____
Friday	_____	_____	_____
Saturday	_____	_____	_____
Sunday	_____	_____	_____

Speech Triggers for the Week:

Last week, I completed my practice _____ out of seven days.

I completed _____ out of _____ goals this week.

I used my speech notebook.

YES NO