

Daily Reflection

Name: \_\_\_\_\_ Date: \_\_\_\_\_

My goal for today is: \_\_\_\_\_

Today I:

Reached my goal! I gave my 100% effort to everything I did.

I almost reached me goal. I tried, but not all the time.

I didn't reach my goal. I didn't do my best, but will make tomorrow better.

My comments about today: \_\_\_\_\_

My Accountability Partner's Comments about today: \_\_\_\_\_

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