

Thermometer Goal Tracker

Goal _____ Start date _____ Finish by _____

Level	Target total	Date reached	Added this step	Reward or note
5%				
10%				
15%				
20%				
25%				
30%				
35%				
40%				
45%				
50%				
55%				
60%				
65%				
70%				
75%				
80%				
85%				
90%				
95%				
100%				

Target total = your goal x the level. Shade a poster thermometer, or just tick each row as you reach it.