

Week	Goal:									
	Step 1:	Check in with partner	Step 2:	Check in with partner	Step 3:	Check in with partner	Step 4:	Check in with partner	Step 5:	Check in with partner
1										
2										
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16										

Instructions:

1. Write goal in top row.
2. Write steps to achieve goal in boxes below.
3. Fill in cells each week that correspond to steps you've achieved.



<http://www4.unm.edu/sust/>

Bruce T. Milne, Director
bmilne@sevilleta.unm.edu

Terry Horger, Program Coordinator
thorger@unm.edu