

# Personal Goal Contract



<p>Date: _____</p> <p>To reach my goal for this week, I will walk:</p> <p>When: _____</p> <p>Where: _____</p> <p>With whom: _____</p> <p>What can I do this week to help me accomplish this goal?</p> <p>_____</p> <p>When I achieve this goal, I will reward myself with:</p> <p>_____</p>	<p>Date: _____</p> <p>To reach my goal for this week, I will walk:</p> <p>When: _____</p> <p>Where: _____</p> <p>With whom: _____</p> <p>What can I do this week to help me accomplish this goal?</p> <p>_____</p> <p>When I achieve this goal, I will reward myself with:</p> <p>_____</p>
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