# Progress tracker:

| Day of the week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Goal reached? Yes/No |
|---|---|---|---|---|---|---|---|---|
| Date: | | | | | | | | |
| List of goal(s): | | | | | | | | |
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| Day of the week | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Goal reached? Yes/No |
|---|---|---|---|---|---|---|---|---|
| Date: | | | | | | | | |
| List of goal(s): | | | | | | | | |
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