Weekly goal plan

Fill the sheet in and put it somewhere you can see it every day.

Tommy's PregnancyHub

Goal	For how long and starting when?	My reward will be...	What could stop me?	What will help me?	Did I achieve this?	How did it go? What helped? What, if anything, stopped me?
EXAMPLE: I will swap sugary drinks for water	For lunch for a month	A bubble bath				
I will have sugar-free cereal for breakfast	Every day for a month	My favourite magazine				
I will go for a walk with a friend	Twice a week for a month	Buy a new house plant /bunch of flowers				

Find out more at
tommys.org/pregnancyhub

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