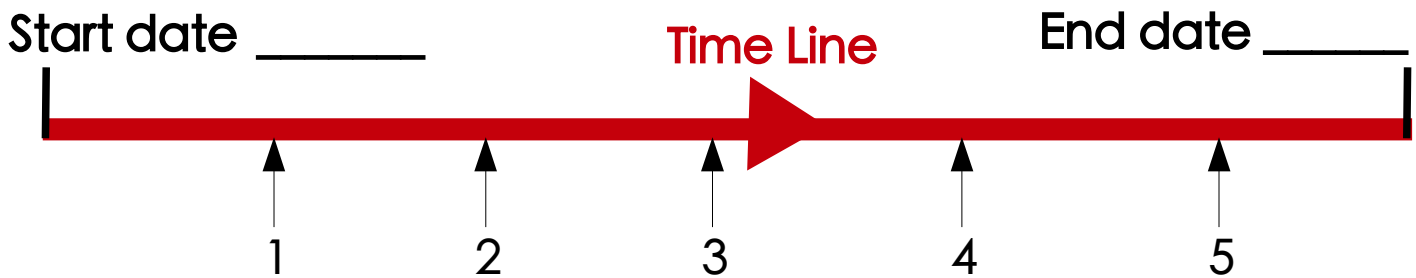


The One Minute On Target On track

Date _____

Project Name _____

Project Outcome (Image or Feeling when completed)



Action Steps (Small bites)

1 _____

2 _____

3 _____

4 _____

5 _____

Persons to contact (If needed)

Measure of Progress

Step 1	_____	Date	_____
Step 2	_____	Date	_____
Step 3	_____	Date	_____
Step 4	_____	Date	_____
Step 5	_____	Date	_____

Project completed (tick the box) ☐

Reward upon completion

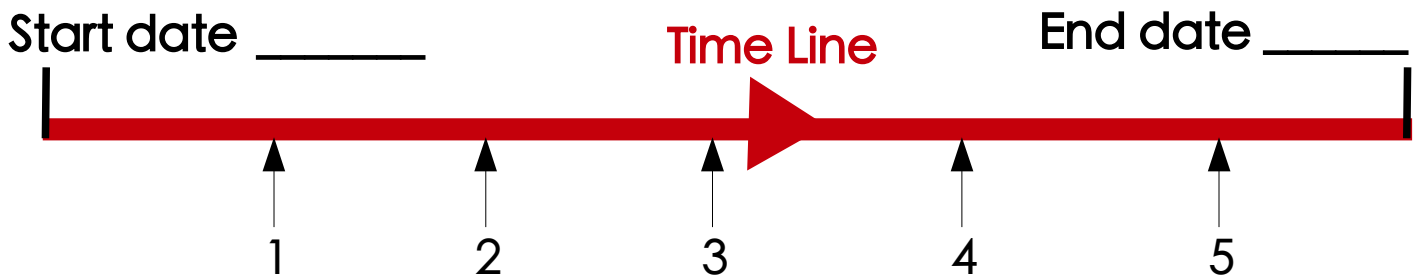
Great, ready for the next project!

The One Minute On Target On track

Date _____

Project Name _____

Project Outcome (Image or Feeling when completed)



Action Steps (Small bites)

1 _____

2 _____

3 _____

4 _____

5 _____

Persons to contact (If needed)

Measure of Progress

Step 1	_____	Date	_____
Step 2	_____	Date	_____
Step 3	_____	Date	_____
Step 4	_____	Date	_____
Step 5	_____	Date	_____

Project completed (tick the box) ☐

Reward upon completion

Great, ready for the next project!