

Figure 7.7: Micro-Goals Chart

What is my +10 goal or learning goal?		
Week	What Is My Micro-Goal (Monday)?	Did I Reach It (Friday)?
Week 1 micro-goal		
Week 2 micro-goal		
Week 3 micro-goal		
Week 4 micro-goal		
Week 5 micro-goal		
Week 6 micro-goal		