



NAME: _____

*Make sure your goals are specific. Write down the things you can realistically accomplish during the week. Avoid abstract goals like 'Stay sober all week.' Be more concrete with goals like 'Do a Training Drill every day,' or 'Call someone from group every day,' or 'Read my Arsenal every day.' Try and do something daily to get in the habit. Good recovery that lasts a long time comes when young men practice things every day.

Date: _____

GOALS	Sun	Mon	Tue	Wed	Thr	Fri	Sat

Date: _____

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