**September Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: | 1  I read for  \_\_\_\_  minutes today. | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 7 My goal this week: | 8  I read for  \_\_\_\_  minutes today. | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 14 My goal this week: | 15  I read for  \_\_\_\_  minutes today. | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 21 My goal this week: | 22  I read for  \_\_\_\_  minutes today. | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 28 My goal this week: | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  \_\_\_\_  minutes today. |  |  |  |  |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**October Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: |  |  | 1  I read for  \_\_\_\_  minutes today. | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 5 My goal this week: | 6  I read for  \_\_\_\_  minutes today. | 7  I read for  \_\_\_\_  minutes today. | 8  I read for  \_\_\_\_  minutes today. | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 12 My goal this week: | 13  I read for  \_\_\_\_  minutes today. | 14  I read for  \_\_\_\_  minutes today. | 15  I read for  \_\_\_\_  minutes today. | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 19 My goal this week: | 20  I read for  \_\_\_\_  minutes today. | 21  I read for  \_\_\_\_  minutes today. | 22  I read for  \_\_\_\_  minutes today. | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 26 My goal this week: | 27  I read for  \_\_\_\_  minutes today. | 28  I read for  \_\_\_\_  minutes today. | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  \_\_\_\_  minutes today. | 31  I read for  \_\_\_\_  minutes today. | Did I reach my goal this week?  YES! ☺  Not yet |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**November Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: |  |  |  |  |  | 1 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 2 My goal this week: | 3  I read for  \_\_\_\_  minutes today. | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6  I read for  \_\_\_\_  minutes today. | 7  I read for  \_\_\_\_  minutes today. | 8 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 9 My goal this week: | 10  I read for  \_\_\_\_  minutes today. | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13  I read for  \_\_\_\_  minutes today. | 14  I read for  \_\_\_\_  minutes today. | 15 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 16 My goal this week: | 17  I read for  \_\_\_\_  minutes today. | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20  I read for  \_\_\_\_  minutes today. | 21  I read for  \_\_\_\_  minutes today. | 22 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 23 My goal this week: | 24  I read for  \_\_\_\_  minutes today. | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27  I read for  \_\_\_\_  minutes today. | 28  I read for  \_\_\_\_  minutes today. | 29  I read for  \_\_\_\_  minutes today. |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**December Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Nov. 30  My goal this week: | 1  I read for  \_\_\_\_  minutes today. | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 7 My goal this week: | 8  I read for  \_\_\_\_  minutes today. | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 14 My goal this week: | 15  I read for  \_\_\_\_  minutes today. | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 21 My goal this week: | 22  I read for  \_\_\_\_  minutes today. | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 28 My goal this week: | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  \_\_\_\_  minutes today. | 31  I read for  \_\_\_\_  minutes today. |  |  |  |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**January Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: |  |  |  | 1  I read for  \_\_\_\_  minutes today. | 2  I read for  \_\_\_\_  minutes today. | 3 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 4 My goal this week: | 5  I read for  \_\_\_\_  minutes today. | 6  I read for  \_\_\_\_  minutes today. | 7  I read for  \_\_\_\_  minutes today. | 8  I read for  \_\_\_\_  minutes today. | 9  I read for  \_\_\_\_  minutes today. | 10 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 11 My goal this week: | 12  I read for  \_\_\_\_  minutes today. | 13  I read for  \_\_\_\_  minutes today. | 14  I read for  \_\_\_\_  minutes today. | 15  I read for  \_\_\_\_  minutes today. | 16  I read for  \_\_\_\_  minutes today. | 17 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 18 My goal this week: | 19  I read for  \_\_\_\_  minutes today. | 20  I read for  \_\_\_\_  minutes today. | 21  I read for  \_\_\_\_  minutes today. | 22  I read for  \_\_\_\_  minutes today. | 23  I read for  \_\_\_\_  minutes today. | 24 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 25 My goal this week: | 26  I read for  \_\_\_\_  minutes today. | 27  I read for  \_\_\_\_  minutes today. | 28  I read for  \_\_\_\_  minutes today. | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  \_\_\_\_  minutes today. | 31 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**February Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 My goal this week: | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6  I read for  \_\_\_\_  minutes today. | 7 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 8 My goal this week: | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13  I read for  \_\_\_\_  minutes today. | 14 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 15 My goal this week: | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20  I read for  \_\_\_\_  minutes today. | 21 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 22 My goal this week: | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27  I read for  \_\_\_\_  minutes today. | 28 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**March Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1  My goal this week: | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6  I read for  \_\_\_\_  minutes today. | 7 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 8 My goal this week: | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13  I read for  \_\_\_\_  minutes today. | 14 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 15 My goal this week: | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20  I read for  \_\_\_\_  minutes today. | 21 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 22 My goal this week: | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27  I read for  \_\_\_\_  minutes today. | 28 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 29 My goal this week: | 30  I read for  \_\_\_\_  minutes today. | 31  I read for  \_\_\_\_  minutes today. |  |  |  |  |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**April Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: |  |  | 1  I read for  \_\_\_\_  minutes today. | 2  I read for  \_\_\_\_  minutes today. | 3  I read for  \_\_\_\_  minutes today. | 4 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 5 My goal this week: | 6  I read for  \_\_\_\_  minutes today. | 7  I read for  \_\_\_\_  minutes today. | 8  I read for  \_\_\_\_  minutes today. | 9  I read for  \_\_\_\_  minutes today. | 10  I read for  \_\_\_\_  minutes today. | 11 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 12 My goal this week: | 13  I read for  \_\_\_\_  minutes today. | 14  I read for  \_\_\_\_  minutes today. | 15  I read for  \_\_\_\_  minutes today. | 16  I read for  \_\_\_\_  minutes today. | 17  I read for  \_\_\_\_  minutes today. | 18 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 19 My goal this week: | 20  I read for  \_\_\_\_  minutes today. | 21  I read for  \_\_\_\_  minutes today. | 22  I read for  \_\_\_\_  minutes today. | 23  I read for  \_\_\_\_  minutes today. | 24  I read for  \_\_\_\_  minutes today. | 25 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 26 My goal this week: | 27  I read for  \_\_\_\_  minutes today. | 28  I read for  \_\_\_\_  minutes today. | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  \_\_\_\_  minutes today. |  |  |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Be sure to put this completed sheet in your binder.

#Be Metcalf #Be Mindful #Be a Part of It

**May Goals**

1. Set an academic or behavior goal that you will work on throughout the week.

2. Record the minutes you read each day. (Strive to read for 20 minutes each day!)

3. Answer if you met your goal that you set for the week.

Work hard to be the best YOU can be!

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| My goal this week: |  |  |  |  | 1  I read for  \_\_\_\_  minutes today. | 2 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 3 My goal this week: | 4  I read for  \_\_\_\_  minutes today. | 5  I read for  \_\_\_\_  minutes today. | 6  I read for  \_\_\_\_  minutes today. | 7  I read for  \_\_\_\_  minutes today. | 8  I read for  \_\_\_\_  minutes today. | 9 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 10 My goal this week: | 11  I read for  \_\_\_\_  minutes today. | 12  I read for  \_\_\_\_  minutes today. | 13  I read for  \_\_\_\_  minutes today. | 14  I read for  \_\_\_\_  minutes today. | 15  I read for  \_\_\_\_  minutes today. | 16 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 17 My goal this week: | 18  I read for  \_\_\_\_  minutes today. | 19  I read for  \_\_\_\_  minutes today. | 20  I read for  \_\_\_\_  minutes today. | 21  I read for  \_\_\_\_  minutes today. | 22  I read for  \_\_\_\_  minutes today. | 23 I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |
| 24 My goal this week: | 25  I read for  \_\_\_\_  minutes today. | 26  I read for  \_\_\_\_  minutes today. | 27  I read for  \_\_\_\_  minutes today. | 28  I read for  \_\_\_\_  minutes today. | 29  I read for  \_\_\_\_  minutes today. | 30  I read for  min.  Did I reach my goal this week?  YES! ☺  Not yet |

\*The total number of minutes that I read this month was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\*

Did you do any Pay It Forward activities this month? If so, what did you do?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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