

JUST LOG IT



RUN THE YEAR 2017

PROGRESS REPORT

Make weekly and monthly checks. You can't just set a goal and forget about it. You will need to constantly review your progress and refocus if you get off track. Follow this 5-step process for checking your goals and progress.

ONE Reread your goal out loud. Even better, look in the mirror and restate your goal.

TWO Look at your **Brainstorm** list of the things it will take to accomplish your goal and put them into one of two columns.

Things I am doing consistently	Things I am not doing consistently or not at all
<i>Ex: Get the right equipment</i>	<i>Ex: Carving out 30 minutes in my day</i>

THREE Commit this week to moving as many things as possible from the right column to the left. Also, add new ideas to your **Brainstorm** that you didn't think of before.

FOUR Review your progress with the **most important person you told**. Have a real conversation with them about it. Be honest with your struggles, but also feel free to pat yourself on the back when you are doing well.

FIVE Take your next first steps toward reaching your ultimate running goal.