



Moving Resolutions Chart Sample

The New Me	Making It Happen	Goal Date	Achieved?
Arrives to work 10 minutes early	1. Get things ready for family night beforehand.	Achieved if done every day for (1) week.	<input type="checkbox"/> Week 1
	2. Set clocks forward to trick myself about time.	Achieved if changed clocks.	<input type="checkbox"/> Changed
Exercises 2 times per week.	1. Walk one mile on Sunday evening and Wednesday morning.	Walking goal achieved at end of two (2) weeks.	<input type="checkbox"/> Week 1 <input type="checkbox"/> Week 2
	2. Join gym to meet new people.	Achieved if join gym one (1) week after move.	<input type="checkbox"/> Joined
Tries new things.	1. Take an evening adult class.	Achieved if signed up one (1) month after move.	<input type="checkbox"/> Month 1
	2. Try one new restaurant each month.	Achieved if tried new place by 15th of month.	<input type="checkbox"/> 15th of Month
Goes to the movies more.	1. Find a film club that forces me to put movies on the calendar.	Achieved if found film club.	<input type="checkbox"/> Found
	2. Schedule movie date nights.	Achieved if done once every two (2) months.	<input type="checkbox"/> Month 2
Spends more time with the kids.	1. Read 20 minutes every night together.	Achieved if done every day for two (2) weeks.	<input type="checkbox"/> Week 1 <input type="checkbox"/> Week 2
	2. Schedule date nights with each child.	Achieved at end of two (2) months.	<input type="checkbox"/> Month 1 <input type="checkbox"/> Month 2
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

I'm using my clean slate to make some changes.