

Weekly Check-In Goal Setting & Reflections Form

Each Monday, you will outline your goals for the week in this running teams document. Each Friday, you will reflect on your goal pursuit for that week. Please feel free to copy and paste as many tables as needed.

Date:	
GOAL SETTING	
3 things I want to accomplish this week:	
3 stakeholders I will connect with this week:	
Any anticipated challenges for this week?	
REFLECTIONS	
3 accomplishments from this week, reflect on how it was facilitated or who supported these accomplishments:	
For goals not achieved this week, reflect on why (e.g., unanticipated challenges or changes to plans):	
What can I do to make next week great?	
Do you have any questions or need support with anything? Note: Responses will be discussed during Friday's All SELS Check-In.	