

Goal Thermometer

Instructions: Use this goal thermometer to chart your progress in achieving your goals with a specific numerical objective. This chart can be used two ways:

- 1) Actual progress toward goal - this chart has 50 minor lines grouped in 10 major sections of 5 lines each.
- 2) A percentage of your total goal – each minor line represents 2% of your goal , each major line represents 10% of your goal

