

Weekly Rewild Goal Tracker

DATES: TO

PLANS FOR THIS WEEK:

- _____
- _____
- _____
- _____

SUNDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

TUESDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

THURSDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

SATURDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

TOTAL TIME OUTSIDE THIS WEEK:

MONDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

WEDNESDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

FRIDAY

ACTIVITY _____
WITH FRIENDS? _____
COMMENTS _____

TOTAL TIME OUTSIDE

BEST MEMORY FROM THE WEEK:

THOUGHTS/IDEAS FOR NEXT WEEK'S GOALS

