2027 Goal Worksheet: Year Goal Page and 12 Monthly Check-Ins

One goal page and a check-in on the last day of each month

YEAR GOAL PAGE

☐	My 2027 goal, in one sentence	Fill in
☐	Why it matters to me	Fill in
☐	Step 1, written down	Fill in
☐	Step 2, written down	Fill in
☐	Step 3, written down	Fill in
☐	Where I keep notes: journal, app or online diary	Fill in

MONTHLY CHECK-INS

☐	Check-in 1: step done? Next step	Sun., Jan. 31
☐	Check-in 2: step done? Next step	Sun., Feb. 28
☐	Check-in 3: step done? Next step	Wed., Mar. 31
☐	Check-in 4: step done? Next step	Fri., Apr. 30
☐	Check-in 5: Memorial Day	Mon., May 31
☐	Check-in 6: step done? Next step	Wed., June 30
☐	Check-in 7: step done? Next step	Sat., July 31
☐	Check-in 8: step done? Next step	Tue., Aug. 31
☐	Check-in 9: step done? Next step	Thu., Sept. 30
☐	Check-in 10: step done? Next step	Sun., Oct. 31
☐	Check-in 11: step done? Next step	Tue., Nov. 30
☐	Check-in 12: step done? Next step	Fri., Dec. 31

My notes

Source: dates computed by Fresh Calendars; National Institutes of Health, Wellness@NIH, Maintaining Healthy Habits; U.S. Office of Personnel Management, Federal Holidays.