

Beyond Hours & Dollars Professional Goals Sheet

Long-term goal _____

Short-term goals to achieve this

1	
2	
3	
4	
5	

Course of action (What you're going to do to achieve your short and long-term goals)

1	
2	
3	
4	
5	

Weekly Progress Chart

Week of _____

Activity	Hours Spent							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Total Hours for the Week								