

Weekly Choices and Goals



One thing I want to read for fun this week is:



One thing I plan to do outside this week is:



One game I want to play as a family this week is:



One way I plan to get exercise this week is:



One way I plan to be helpful this week is:



One thing I want to do with _____ (family member) this week is:



One movie/show I want to watch this week is:



One thing I want to learn about this week is:

(Adapted from Danielle Berman, Durham, NC)