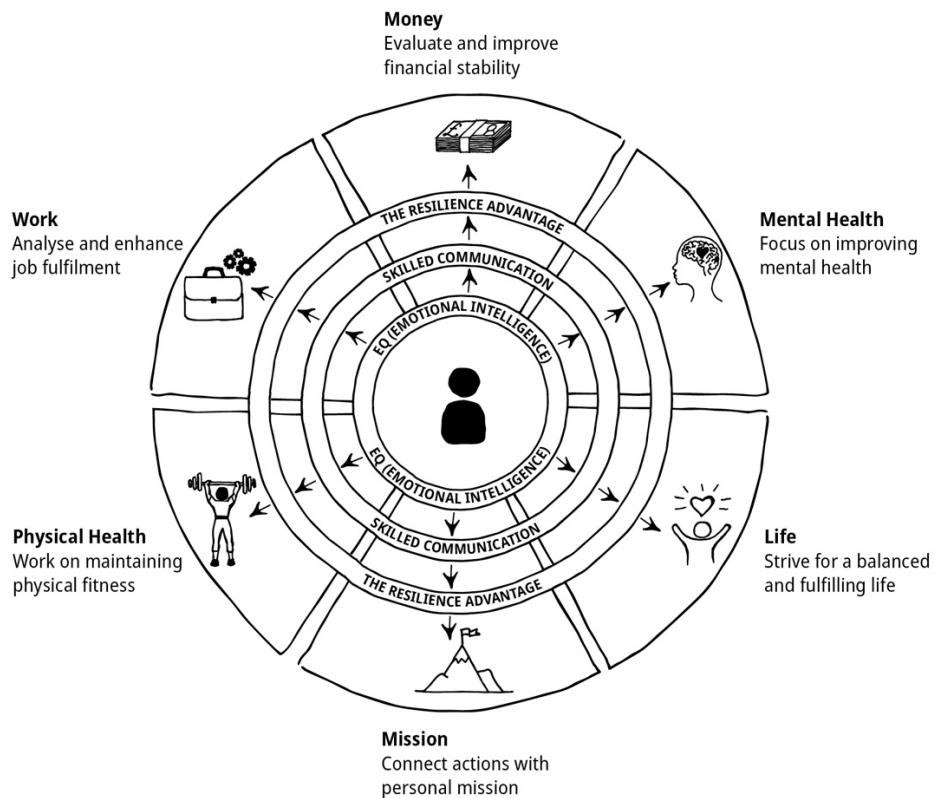


Milestone Calibration: Monthly Progress Check-In

Milestone Calibration: Monthly Progress Check-In Template



PURPOSE: Create practical strategies for maintaining balance while pursuing goals.

INSTRUCTIONS: For each milestone in your plan, complete the table below (larger version provided on the next page for those who would like to add more detail).

Milestone:	
Target Date:	
Resource Requirements	
Time Needed	
Energy Required	
Support Necessary	
Financial Investment	
Potential Challenges	
1.	
2.	
3.	
Balance Maintenance Strategies	
Money-Mission	
Mental-Physical	
Work-Life	

Milestone:	
Target Date:	
Resource Requirements	
Time Needed	
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