

Ten Goals

| | | | |
|--------------------------|----------------------------------|--------------------|--|
| Run a mile in 12 minutes | | DUE DATE 1/1/19 | |
| <input type="radio"/> | <input checked="" type="radio"/> | NOTES | Practice on the trail. Try to hit a new minute record every month. |
| CAREER | PERSONAL | | |

one

| | | | |
|-----------------------|-----------------------|----------|--|
| | | DUE DATE | |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

two

| | | | |
|-----------------------|-----------------------|----------|--|
| | | DUE DATE | |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

three

| | | | |
|-----------------------|-----------------------|----------|--|
| | | DUE DATE | |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

four

| | | | |
|-----------------------|-----------------------|----------|--|
| | | DUE DATE | |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

five

| | | | |
|-----------------------|-----------------------|----------|--|
| | | DUE DATE | |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

Ten Goals

six

| | | | |
|-----------------------|-----------------------|-------|----------|
| | | | DUE DATE |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

seven

| | | | |
|-----------------------|-----------------------|-------|----------|
| | | | DUE DATE |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

eight

| | | | |
|-----------------------|-----------------------|-------|----------|
| | | | DUE DATE |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

nine

| | | | |
|-----------------------|-----------------------|-------|----------|
| | | | DUE DATE |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

ten

| | | | |
|-----------------------|-----------------------|-------|----------|
| | | | DUE DATE |
| <input type="radio"/> | <input type="radio"/> | NOTES | |
| CAREER | PERSONAL | | |

*I don't need a motivational quote...
I need coffee.*

