## Graph Your Results

Circle the number that represents your total number of "yes" answers for each of the six weeks. Connect the numbers with a line to show your progress over the six weeks.

| 7        | 7           | 7         | 7         | 7         | 7         |  |
|----------|-------------|-----------|-----------|-----------|-----------|--|
| 6        | 6           | 6         | 6         | 6         | 6         |  |
| 5        | 5           | 5         | 5         | 5         | 5         |  |
| 4        | 4           | 4         | 4         | 4         | 4         |  |
| 3        | 3           | 3         | 3         | 3         | 3         |  |
| 2        | 2           | 2         | 2         | 2         | 2         |  |
| 1        | 1           | 1         | 1         | 1         | 1         |  |
| 0        | 0           | 0         | 0         | 0         | 0         |  |
| Wee<br>1 | k Week<br>2 | Week<br>3 | Week<br>4 | Week<br>5 | Week<br>6 |  |
|          |             |           |           |           |           |  |
|          |             |           |           |           |           |  |

## **Directions**:

Circle the number that represents your total number of "yes" days in each week. Write the total number of days possible:\_\_\_\_\_

Write the total number of "yes" days:\_\_\_\_\_

To find your percentage of success, divide:

total "yes" days \_\_\_\_\_ by the total days:\_\_\_\_\_=\_\_\_%

85

## FREE-TIME **GROWTH GOAL CONTRACT**

To use my free time wisely, I will:

I will work on this goal for this amount of time:

From: \_\_\_\_\_\_To: \_\_\_\_\_

I will evaluate and record my progress on the chart below.

I am committed to this growth goal.

Student Signature

Date

## **Daily Goals Chart**

|        | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--------|-----|------|-----|-------|-----|-----|-----|
| WEEK 1 |     |      |     |       |     |     |     |
| WEEK 2 |     |      |     |       |     |     |     |
| WEEK 3 |     |      |     |       |     |     |     |
| WEEK 4 |     |      |     |       |     |     |     |
| WEEK 5 |     |      |     |       |     |     |     |

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