

One goal for the next 30 days

Choose one small handwriting goal. Plan when to check it rather than promising a perfect month.

My goal _____

I will know it is helping when _____

☐ **Days 1-7**

Review date: _____

Try a short task and save a dated example.

☐ **Days 8-14**

Review date: _____

Repeat what helped. Adjust one difficult part.

☐ **Days 15-21**

Review date: _____

Use the skill in a short word or sentence.

☐ **Days 22-30**

Review date: _____

Compare with your first example and choose a next step.

My next step _____

The dates are checkpoints, not a guarantee of improvement. Rest days and a smaller goal are both reasonable choices.